

# HALIFAX metro®

NEWS  
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## Lyle Howe's defence to start Thursday

Crown closes its case against Halifax lawyer accused of drugging, sexually assaulting teen **PAGE 5**

## Heavy sleeper saved by the bell. Literally.

Gloucester man credits setting alarm for job interview for escaping an early-morning fire **PAGE 7**

## 'The first two I faked it': Sandler

Adam Sandler, Drew Barrymore 'cinematic soulmates' for the third time with Blended. Use Metro AR for extras **PAGE 14**



## ENGLISH-MAN OF GREEN GABLES

PRINCE CHARLES AND WIFE CAMILLA MAKE ROYAL STOP IN PRINCE EDWARD ISLAND **PAGE 8**



## CARE FACILITY HOMICIDE

A man who was allegedly assaulted at Quest Regional Rehabilitation Centre in Lower Sackville has died in hospital, and on Tuesday, police announced they are investigating the case as a homicide. But police don't know if charges will be laid. Story, page 3. JEFF HARPER/METRO

# Urban reserve stays that way

**Purcell's Cove backlands.** Council tie vote defeats proposal to open to development; now might become public



**RUTH DAVENPORT**  
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City staff will lead a process examining the possibility of bringing the Purcell's Cove backlands into public ownership after a vote defeated the prospect of opening the lands up for development.

Regional council's Committee of the Whole voted 8-8 on an amendment to the Regional Plan Tuesday to hold a public hearing on changing the designation of some of the land along Purcell's Cove Road from urban reserve to rural commuter.

Under city rules, a tie means

the motion at hand is defeated.

"Throughout this entire process, none of these property owners have had an opportunity to have their say," said Coun. Stephen Adams, who tabled the amendment. "All I wanted was to bring it to a public hearing to say, 'OK, here's one side, here's the other, let's decide.'"

Adams and other supporters argued the urban reserve designation — which holds the land in reserve for future serviced development — is in conflict with the community's recently expressed wish that city services not be extended to the area. Re-designating the land as rural commuter would have allowed low-density residential development using the on-site well and septic service.

Residents of the Purcell's Cove area collected more than 1,100 signatures on a petition opposing the change.

"It was a cliffhanger ... I was surprised at how close it was," said Catherine McKinnon, a Purcell's Cove resident who represents the Backlands Coal-

### Quoted

**"I'm not as concerned about the outcome as I am about the process, and getting the necessary information to make an informed decision."**

Coun. Stephen Adams

tion citizens' group. "I would have thought that more councillors would have sided with the urban reserve designation."

After the motion was defeated, Adams tabled a second motion proposing staff lead a public process to bring the properties in question into public ownership.

"I don't want to presuppose an outcome, but I think we should have the discussion with the community," he said.

McKinnon said it's a prospect worth exploring.

"I think we're very open to discussing that and starting up the process," she said.

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# Cops unsure if charges to come in homicide case

**Lower Sackville.**  
Man dies in hospital after alleged attack at care facility

Police say they are looking into whether charges are appropriate in HRM's fourth homicide of the year, after a 56-year-old man allegedly assaulted in a home care facility died of his injuries over the weekend.

On May 15, RCMP said they were called to Quest Regional Rehabilitation Centre in Lower

Sackville, which houses adults with intellectual disabilities.

Cpl. Scott MacRae, RCMP spokesman, said officers learned on May 11, a 28-year-old male resident of the home had allegedly pushed the 56-year-old and caused him to fall.

MacRae said the victim, Gordon James Longphee Jr., was taken to the hospital in life-threatening condition. He died on Saturday.

"We all fear of a phone call similar to what the families received," Brenda Hardiman told reporters on Tuesday.

Hardiman's daughter, Ni-

## Quoted

**"We certainly have to look at all the facts of where it occurred, why people were in the facility and that ... becomes part of this investigation."**

Cpl. Scott MacRae

chele Benn, is a resident at the facility and has pleaded not guilty to a charge of assaulting a Quest staff member last year.

Quest's board chair, Ron

Cooper, told reporters the 28-year-old who allegedly pushed Longphee is no longer at the facility but could not say where he is or why he moved.

Cooper said there was a ratio of one staff member for every three residents at the time of the incident, and "you can't prevent entirely incidents like this."

He related the situation to one where a person walking down the street passes someone in a bad mood and is suddenly pushed.

Police cannot reveal many details about the incident, Mac-

Rae said, including whether the two men were having an argument or how Longphee was injured.

MacRae said police will determine whether charges are warranted after investigators look at all the evidence, taking into account why people were in the facility.

According to his obituary, Longphee loved listening to music, going for drives and having stories read to him.

The funeral will be held in Longphee's hometown of New Waterford on Friday.

HALEY RYAN/METRO

# Two people charged in school-lot stabbing

Police have charged two young people following a stabbing at Auburn Drive High School last week that left a young man with a minor puncture wound.

The stabbing happened around 2:10 p.m. Thursday in the school parking lot after a dispute broke out between several people, one of whom goes to Auburn Drive.

The victim is an 18-year-old from Mineville who was stabbed with a knife.

In a release issued Tuesday, the RCMP say the victim was stabbed following a verbal exchange.

Three people were arrested Friday and two are now facing charges.

A 17-year-old male has been charged with robbery, assault with a weapon, assault causing bodily harm, carrying a concealed weapon and possession of a weapon for a dangerous purpose. A 20-year-old woman is also charged with robbery.

Another male was released without charges and police say they are still looking for an 18-year-old woman in relation to the case. **METRO**

## On the web

For more local news go to [metronews.ca](http://metronews.ca)



Police at the scene of a stabbing at Auburn Drive High School last week.

JEFF HARPER/METRO

## Investigation

**Woman sought in drugstore robbery**

Police are looking for a woman who robbed a north-end Halifax drug store on Tuesday during the lunch hour.

Police were called to Lawtons Drugs on Duffus Street around 12:30 p.m. after a woman in her 20s went inside to the pharmacy counter and demanded drugs from a worker. An unknown amount of drugs was given to the woman, who fled the store on foot.

No one was injured and police say no weapon was seen.

The suspect is described as a white woman who was wearing a black toque, a dark blue coat a pink shirt and black pants. **METRO**

1 NEWS



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## Barrington St. Public to weigh in on two-year extension to development

Regional council has given first reading to a motion to give a developer a two-year extension on the timeline for a 16-storey building on Barrington Street.

The building is planned for the current site of the Discovery Centre, at 1593 Barrington St. Coun. Wayne Mason told councillors the Discovery Centre is hoping to remain in the Zellers Building for another two years while roughly \$20 million in renovations are completed on its new home in the former Nova Scotia Power building on the waterfront.

Developer W.M. Fares is amenable to the delay, but it requires an amendment to the development agreement for the site, which is grandfathered under pre-HRM by Design rules.

Mason said there are concerns around granting an extension to a grandfathered



The Discovery Centre. METRO FILE

development, but he doesn't anticipate any further delays.

"I really do believe that the proponent is in a position to move ahead with this immediately ... if it wasn't for the Discovery Centre; that really is the linchpin here," he told council.

The existing development agreement requires that construction begin in July 2014 and be completed by July 2017.

The amendment to the development agreement will go to a public hearing before being granted final approval.

RUTH DAVENPORT/METRO

## Labour. Union files court challenge over Liberals' home-care law

One of the unions named in a new Nova Scotia law aimed at preventing strikes in the home-care sector has filed a court action against the provincial government.

The Nova Scotia Government and General Employees Union filed a statement of claim Tuesday in the Supreme Court of Nova Scotia.

The legal challenge takes aim at the Essential Home-Support Services Act, which was passed in March by the province's majority Liberal government.

The union also says the legislation is discriminatory because

it disproportionately affects women, as about 90 per cent of those affected are women.

The government has said the law doesn't take away the right to strike but requires the sides in a dispute to determine who is an essential worker before a strike can happen.

The government has also said that if an agreement can't be reached, the matter will be submitted to the Nova Scotia Labour Board for resolution.

Union president Joan Jesome says the law violates the right of home-support workers to bargain collectively.

THE CANADIAN PRESS



## O Canada: Sam Roberts Band to play July 1

Haligonians will be crossing a bridge to somewhere special this Canada Day when the Sam Roberts Band takes the stage at Alderney Landing. On Tuesday, HRM announced the band headed by the popular Canadian singer-songwriter will headline the free annual concert in Dartmouth on July 1. Other performers for the show include July Talk, A Belle Game, and local favourite Ben Caplan and the Casual Smokers. CONTRIBUTED

# Regional plan review passes first reading

## City hall. Councillors approve several site-specific amendments



RUTH DAVENPORT  
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Halifax regional councillors have approved first reading of the final draft of the Regional Plan's five-year review.

Several amendments were approved at council's committee of the whole meeting Tuesday morning, most concerning specific developments

### Next step

The draft, with the approved amendments, will go to a public hearing before final approval.

and sparking debate over the merits of "on-the-fly" approvals.

"This is not the moment to be looking at the specifics of a particular development," said Coun. Jennifer Watts during one such discussion. "Our responsibility is looking at this within the regional plan."

Coun. David Hendsbee asked the Seven Lakes development in Porters Lake be grandfathered into the revised Regional Plan, allowing the developer to proceed under the rules established in 2006.

The motion was ultimately carried.

City staff cautioned against making changes to the Regional Plan to address specific developments, noting a secondary planning process that's better equipped to deal with more localized concerns will begin once the Regional Plan is complete.

However, some councillors said waiting for the secondary

planning — estimated to take 18 to 24 months — might mean missing the boat on guiding aspects of some developments.

"With this one property, it currently has development rights that it will be going forward with prior to the secondary planning," said Coun. Brad Johns, who successfully argued for extending the sewer service boundary to include a property in Beaver Bank.

"It only makes sense to me to ensure that it's not developed as what we've traditionally called 'sprawl,' but developed in sustainable development and it generates the income to sustain itself."



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# Crown closes its case in Lyle Howe sexual assault trial

**Lawyer has pleaded not guilty.** Defence to start on Thursday



**GEORDON OMAND**  
halifax@metronews.ca

After 10 days of testimony before the Nova Scotia Supreme Court, the Crown has finished presenting its case against Halifax-based lawyer Lyle Howe, who stands accused of drugging and sexually assaulting a teenage woman.

Howe, 29, has pleaded not guilty to both charges, which stem from an incident that allegedly took place the evening of March 20, 2011.

"We're pleased with the way that the trial's unfolding so far," said Crown co-counsel Darcy MacPherson outside the courtroom Tuesday afternoon.

The final witness to take the stand for the Crown was Sgt. Jason Withrow, the Halifax Regional Police officer in charge of investigating the alleged assault.

Withrow spoke about being granted DNA warrants against the accused and friend Jeff Brown after lab results revealed genetic material from an unknown male on condoms recovered from the complainant's apartment.

Earlier on Tuesday, an RCMP toxicology expert testified codeine — detected in urine samples taken from the alleged victim — likely played a minor role in the complainant's impairment that evening.

"Alcohol appears to be the most likely offender," said Christopher Keddy, adding that alcohol and codeine have a "synergistic" relationship, meaning their effects are amplified when combined.



Lyle Howe outside court at Nova Scotia Supreme Court in Halifax this month. PATRICK MCKENNA/FOR METRO

Another possible source of codeine is poppy seeds, the court heard from Keddy.

The toxicologist held out a partially-filled glass beaker to illustrate the 40 grams of

poppy seeds the complainant would have had to eat to produce the levels of codeine detected in her body, adding under cross-examination that amount could be consider-

ably lower depending on timing and where the seeds were sourced.

The complainant testified earlier in the trial to meeting with Howe and Brown for the

## What's next

**"I can't see it ending (next) Monday, but anything's possible."**

Crown attorney Darcy MacPherson on how long the trial will continue

first time for drinks on March 20.

She said she awoke the next morning on her roommate's floor, naked and disoriented, feeling sore in her anus and vagina and with little memory of the latter portion of the previous evening.

She testified she suspected she had been drugged and sexually assaulted.

The trial is set to resume Thursday morning when defence is expected to begin making its case. They are expected to call on testimony from a toxicologist.

## Man accused of threatening father of Rehtaeh Parsons appears in provincial court

The case of a young man accused of making death threats against the father of Rehtaeh Parsons has been adjourned until June 27.

Police have not publicly disclosed the name of the alleged victim, but Glen Canning, Parsons' father, says the charges relate to on-line threats he alleges were

made against him last year.

The RCMP have said they began investigating last August after receiving a complaint from a 49-year-old man.

The 19-year-old man, who was arrested last month and faces charges of uttering death threats and criminal harassment, ap-

peared in provincial court Tuesday before the matter was adjourned.

Parsons' parents say their daughter was cyberbullied and died after a suicide attempt.

THE CANADIAN PRESS

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## New report. Families, women should be focus of immigration

The province needs to get creative when it comes to retaining immigrants and focus on families instead of how many dollars they can bring in, according to a new report from the Centre for Policy Alternatives in Nova Scotia.

Two local professors, Alexandra Dobrowolsky of Saint Mary's University and Howard Ramos of Dalhousie University, have released Expanding the Vision: Why Nova Scotia Should Look Beyond Econocentric Immigration Policy to illustrate how limiting the short-term approach currently is.

Although the number of temporary foreign workers and international students has risen considerably over recent years, the report said Atlantic Canada finishes last in terms of immigration retention.

Between 20 and 37 per cent of immigrants don't settle in the province, the report said, so multiple recommendations were set out

### Quoted

**"Nova Scotia needs to ... consider dimensions that give it an advantage and where it is most rich — the social and cultural."**

An excerpt from the Centre for Policy Alternatives' new report

to help facilitate permanent residency.

These include investing in more immigration resources, data collection to understand patterns, refocusing the nominee program, and improving long-term supports for international students.

The province should focus on bringing more women to Nova Scotia to address the gender imbalance, said the report, as well as make it easier for extended families to move here, broaden the focus of source countries, and set up an Immigrant Advisory Council. **METRO**

## Harris sent packing. Premier fires his director of communications

Premier Stephen McNeil fired his director of communications Tuesday, a week after Kyle Harris was placed on administrative leave with pay.

McNeil said the termination was necessary because Harris waited four days to tell the government he was facing charges as a result of a domestic incident on May 9.

Harris wasn't let go right away because a review was needed to determine whether anyone else inside the government knew about what had

happened, the premier said.

McNeil said he wasn't aware of exactly what happened with Harris on May 9 and the police have yet to release any details.

The premier's office released a statement Tuesday saying Harris was let go in accordance with a section in his contract that says his employer could terminate his contract at any time without notice.

Police say Harris has not been formally charged with an offence. **THE CANADIAN PRESS**



Premier Stephen McNeil at One Government Place in March. JEFF HARPER/METRO

### For the kids

## Elmo, Big Bird coming to Halifax for Sesame Street Live show

The world-renowned Sesame Street Live show is coming to Atlantic Canada this fall and it includes two dates in Halifax.

IceCaps Entertainment has announced five Atlantic Canadian tour dates for the performance, with shows on Oct. 25 and Oct. 26 at the Metro Centre.

Tickets for the two Halifax shows go on sale Saturday at noon through Ticket Atlantic and range in prices from \$34.95, \$39.50 and \$70, plus taxes and service charges. **METRO**



Big Bird will be here Oct. 25 and 26. ASSOCIATED PRESS FILE

### Nova Scotia Hospital

## Missing mental-health patient found safe in Amherst

Police say a missing patient from the Nova Scotia Hospital in Dartmouth, a person described as being a danger to himself, has been located safely about two hours outside of Halifax.

John Chase, 29, was reported missing Monday around 6:30 p.m., six and a half hours after he left a mental-health unit in the hospital for Capital Health.

Police said they retraced Chase's steps and believed he represented a danger to himself.

In a release issued on Tuesday night, police say Chase was located safe and sound in Amherst and was returned to the Nova Scotia hospital.

**METRO**

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Cape Breton regional firefighters at the scene of Tuesday's blaze in Glace Bay. CAPE BRETON POST

## 'I could have still been in there'

**House fire.** Man woke up to go for job interview but found his house was on fire

A Nova Scotia man is crediting a job interview he had scheduled for saving his life.

Brad Fiore was just waking up on the second floor at his girlfriend's house at 6 Seventh St. in Glace Bay sometime after 9 a.m. Tuesday to get ready for a job interview, when he smelled smoke and got out of bed to investigate.

"The alarm had gone off and at first I laid my head

back down on the pillow and dozed off for a bit," he said.

"Then the beeper started going off and I could smell smoke instantly."

In an interview just after escaping from the home, Fiore said he was sure his girlfriend had left the home earlier and that her daughter had also left for school, but still yelled out for both of them in case. "I was calling out and I got downstairs and could see smoke barreling out the basement door," he said.

He credits having had an interview scheduled and the alarm set for that reason, to possibly saving his life. "If it wasn't for setting the alarm

### Quoted

**"I started to panic and went down the hallway to make sure no one was still around."**

Brad Fiore

for the interview I could have still been in there sleeping."

"The basement has a lot of fire damage," said John Chant, assistant deputy fire chief of the Glace Bay Fire Department. "The house has lots of heat and smoke damage to the first and second floors."

CAPE BRETON POST

### Woman struck

## Driver sought in hit-and-run

Police are looking for the driver of a hit-and-run that saw a woman struck in a Halifax crosswalk.

Around 11:30 a.m.

Tuesday, police say the 22-year-old victim was crossing North Park Street in a marked crosswalk when she was hit by a car turning left onto Cogswell Street. She suffered non-life threatening injuries and was treated on scene by paramedics.

Police say the driver, who is believed to be in his 20s, was behind the wheel of a silver Toyota Yaris. METRO

## 'Father O.' Long-time police chaplain dies

Flags were placed at half-mast outside the Halifax Regional Police headquarters on Tuesday to mark the passing of a long-time police chaplain.

The police force has announced the passing of Honorary Inspector Father Lloyd O'Neill, who had served as a police chaplain for about 47 years.

"Father O' was always there for us and our community," a release stated. "He was beside us through it all, regardless of our religious beliefs. He will be truly missed."

O'Neill officiated many HRP marriages, baptized employee's children, helped those grieving for loved ones,



Father Lloyd O'Neill CONTRIBUTED

and accompanied officers when they delivered bad news.

Police say funeral arrangements have yet to be determined. METRO

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# Prince Charles calls youth to action on global challenges

**Royal tour.** First in line to the throne visits P.E.I., birthplace of Confederation

Prince Charles says the need to tackle the world's challenges became more evident for him after the birth of his grandson as he highlighted Tuesday the need to harness the creativity of young people to find innovative solutions to those problems.

Known for being outspoken on social and environmental issues, Charles said in a speech in Charlottetown that it's important to see the connections between the planet's challenges and its well-being.

"They all ... rest on the nexus of water, energy and food security and finding common purpose in meeting our common needs," he said.

## Quoted

**"The health of nature's life-support systems ... has a direct bearing upon the health and well-being of people."**

Prince Charles' speech in Charlottetown

Charles listed a number of issues facing the world, including the widening gap between rich and poor, the lack of opportunity for women and girls, youth unemployment, deforestation and overfishing after he received an honorary Symons Medal for his contribution to Canadian society.

The Prince of Wales said the birth of his grandson George last year has had an impact on his views. Charles and his wife Camilla were in the middle of a four-day tour of Canada.

THE CANADIAN PRESS



Prince Charles and his wife Camilla with actress Katie Kerr portraying Anne of Green Gables in Charlottetown, P.E.I., Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

## Veteran politicians to lead Ukraine mission

Former premier Mike Harris and Conservative Sen. Raynell Andreychuk will lead the independent Canadian mission to observe the Ukrainian presidential election at the end of the month.

Of the 500 people Canada is sending to monitor the vote, 338 will be with the independent election observation mission led by Harris and Andreychuk, said Prime Minister Stephen Harper in a statement Tuesday.

"Canada has been steadfast in its support for Ukraine and we are proud to once again play a role in fostering democracy and good governance at this challenging time in that country," Harper said.

The remaining 162 will participate in observation missions run by the Organization for Security and Co-operation in Europe.

Andreychuk is a Saskatchewan Conservative appointed to the upper house by Brian Mulroney in 1993. A key figure in the Canadian-Ukrainian community, Andreychuk led similar Canadian delegations in 2010 and 2012.

Harris was Progressive



People react during a rally supporting Ukrainian presidential candidate Petro Poroshenko in Uman, Ukraine, on Tuesday. The presidential vote in Ukraine is scheduled for May 25. CEFREM LUKATSKY/THE ASSOCIATED PRESS

Conservative premier of Ontario from 1995 to 2002, winning two majority governments. Harper said Harris will bring insights and expertise from the democratic process and executive leadership.

The Harper government has been a vigorous supporter of Ukraine in the face of Russia's annexation of the Crimean Peninsula and efforts to destabilize other regions of the country.

Harper — who visited Ukraine in March — has been blunt in criticizing Russian President Vladimir Putin's actions against Ukraine. Both he and Foreign Affairs Minister John Baird have portrayed him as a threat to world peace.

Canada has imposed various sanctions against some Russian and Ukrainian individuals and institutions.

THE CANADIAN PRESS

## Dog deception. Bodies of 'stolen' dogs found in ditch

The bodies of six dogs initially reported stolen from the back of a dog walker's truck were found dumped in a ditch in Abbotsford, B.C., says an SPCA spokeswoman.

Lorie Chortyk said the agency retrieved the bodies of the young- to middle-aged dogs and transferred them Tuesday to a lab where necropsies will be done.

The results are expected within a week and will determine how long the dogs were left in a vehicle in Langley, where they are believed to have died in hot weather.

The necropsy results, along with interviews with the dog walker and any witnesses, will be part of the SPCA's report to Crown counsel, which will decide if animal cruelty charges will be laid.

The SPCA took over the investigation on Monday after the dog walker admitted the animals were not stolen.

The woman initially told police and the dogs' owners that she left her vehicle to use the washroom in a dog park and when she returned the dogs were gone.

Chortyk said the SPCA and police deal with hundreds of calls every year involving dogs left in vehicles.

## Animal cruelty

The dog walker's name has not been released because charges have not been laid. But in addition to possible public mischief charges for falsely reporting a theft, she could face:

- B.C. Maximum fine \$75,000 or two years in jail
- Criminal Code of Canada. Maximum fine \$5,000 and 18 months jail

"If you either wilfully or through your actions allow an animal to suffer, that can be a criminal act."

Dogs don't sweat the way we do and can be overcome with heat exhaustion, brain damage or even death in as little as 10 minutes because the temperature in a car can rise quickly, she said. Animal cruelty charges could be laid under provincial or federal laws, Chortyk said.

RCMP have said the dogs apparently died in the back of the vehicle and they are looking into possible public mischief charges. THE CANADIAN PRESS

## Eastern Townships

### PQ star injured in bicycle accident

Parti Québécois star Pierre Karl Peladeau was recovering in hospital on Tuesday after suffering several fractures in a bicycle accident.

The PQ said in a statement the accident occurred in the Eastern Townships on Sunday. Peladeau, the majority owner of Quebecor Inc., has been considered a contender for the vacant PQ leadership.

THE CANADIAN PRESS

## Newfoundland

### Memorial U gets whale carcass

Memorial University says it has reached a tentative agreement that would see the remains of a blue whale carcass that washed ashore on Newfoundland's west coast displayed at the school.

The school in St. John's, N.L., says the Royal Ontario Museum will dismantle and clean the whale as part of the agreement.

Mark Abrahams, the dean of science at Memorial University, says it is a rare opportunity for the province. THE CANADIAN PRESS



## PM's project. Gates throws the gauntlet before maternal summit

The noted philanthropist Melinda Gates says an unacceptable number of newborn babies are dying in poor countries because the developed world simply isn't investing enough money to save them.

Gates is issuing an international call for more funding as she helps launch new research in the medical journal *The Lancet* on the plight of new mothers, babies and young children in developing countries.

The frank talk from Gates means more spending pressure on Prime Minister Stephen Harper as he hosts a major international meeting next week on his signature aid initiative — maternal, newborn and child health.

Harper committed \$2.8 billion to the cause at the G8 summit Canada hosted in 2010 and is chairing a three-day international meeting in Toronto as a follow-up to raise awareness.

Each year 2.9 million new-

### Newborn deaths

Melinda Gates is the co-chair of the foundation named after her and her husband, Bill. Their foundation joined six countries in contributing to Harper's initiative in 2010.

born babies die around the world, while another 2.6 million are stillborn, the *Lancet* study concluded.

That's half the 1990 rate but still too high, according to the 55 experts from 18 countries that contributed to the report. The *Lancet* study estimates that by 2020 it would cost about 91 cents per person to lower the annual death rate of newborns by 1.3 million, while reducing stillbirths by 530,000 per year. "Canada has been one of the leaders in this," said Dr. Mickey Chopra of the UN. **THE CANADIAN PRESS**

# Activity levels of Canadian kids is behind global pack



Children play in the waters of B.C.'s Semiahmoo Bay. A new report finds Canadian kids aren't getting enough physical activity, especially compared to peers in other countries. DARRYL DYCK/THE CANADIAN PRESS

**New report.** Canadian children and youth were assigned a D-minus grade for overall activity levels

A new report reveals that the overall physical activity levels of Canadian kids are lagging behind those of youngsters from other nations.

For the first time, Active Healthy Kids Canada is using its annual Report Card on Physical Activity for Children

### Values

**"Our country values ... doing more in less time, which may be at direct odds with promoting children's health."**

Active Healthy Kids Canada's Report Card on Physical Activity for Children and Youth

and Youth to see how Canadians measure up to kids in 14 other countries.

The findings were released Tuesday at the first-ever Global Summit on the Physical Activity of Children being held in Toronto.

Canadian children and youth were assigned a D-minus grade for overall physical-activity levels.

Canada trailed near the back of the international pack along with Australia, Ireland and the U.S. — who were also each assigned a D-minus — while Scotland received an F. Mozambique and New Zealand topped the list for activity levels. The report found that 84 per cent of Canadian three- to four-year-olds met early years guidelines of at least 180 minutes of daily physical activity at any intensity. But only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds in Canada meet guidelines. **THE CANADIAN PRESS**

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Residents try to dig out a car trapped in the mud from a landslide at the village of Topcic Polje, Bosnia-Herzegovina Tuesday. Bosnia, Serbia and Croatia have been hit by the worst flooding in a century, forcing half a million people out of their homes and leading to more than three dozen deaths. SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

# 'Worse than the war': Flood victim

**Bosnia.** Tens of thousands displaced, many for the second time in their lives

It took only a few minutes for a roaring landslide to leave Ramiz Skopljak homeless for the second time in his life.

The first time he had been 47, and though his house was a ruin, the Bosnian war at least left him his land in Topcic Polje, central Bosnia, on which to start anew.

Now he is 65 and even if he could find the folder with the title deed buried somewhere in the mud covering his village it wouldn't help. The land itself

has disappeared, along with a chunk of the hill it stood on.

"This is worse than war," the broken man whispered.

His family had to run out of the house so fast on Thursday that none of the eight members could even grab a wallet, a personal document or a mobile phone. They have nothing now.

Skopljak's monthly retirement pay is \$295, and he shares it with his wife, his son and his daughter-in-law who are among Bosnia's 44 per cent unemployed.

More than 2,000 landslides have been recorded in the past few days in Bosnia, which along with neighbouring Serbia is struggling with the worst flooding in southeastern Europe in more than a century.

## Health hazard

### Drowned livestock a new threat

A new calamity emerged Tuesday in the flood-hit Balkans as rescue workers battled overflowing rivers — and were confronted by wastelands of drowned livestock.

As the rainfall stopped

At least 43 people have died in five days of flooding caused by unprecedented torrential rain. Entire towns and villages

and temperatures rose, the withdrawing floodwaters revealed a harrowing sight: thousands of dead cows, pigs, sheep and other animals left behind as their panicked owners fled.

In many northern Bosnian towns, waters rose within hours. Farmers often had no time to free their livestock so that they could attempt to swim to safety.

THE ASSOCIATED PRESS

are under water and tens of thousands have been forced to flee their homes.

THE ASSOCIATED PRESS

## Russia. At least 6 dead, 45 injured after train collision near Moscow

A collision between a cargo train and a passenger train near Moscow killed at least six people Tuesday and left up to 45 others injured, Russian officials said.

The Interior Ministry said the accident happened when several cars on a cargo train derailed and hit a passenger train moving on a parallel track near Naro-Fominsk, a town 50 kilometres southwest of Moscow.

Officials issued contradictory claims about the cause of the accident.

Footage from the crash site broadcast by Russian television showed one side of a passenger car torn away by the collision.

Nina Suslova, the Moscow region's health care minister, told the Rossiya 24 news channel that five people were confirmed dead at the site. Dmitry Pestov, a deputy head

of the Moscow region's government, later said that another person died in hospital, the Interfax news agency reported.

Those who were injured were all in the same car.

The Emergency Situations Ministry said 45 people were injured and 25 of them were hospitalized. It said 15 were in grave condition.

The passenger train had been travelling from Moscow to Chisinau, Moldova.

Moscow's public transport department initially said the accident was caused by a crack in the rail, but the Investigative Committee said it occurred when a cargo container came loose and hit the passenger train.

Hundreds of rescue workers, dozens of ambulance crews and several helicopters rushed to the site to help the victims. THE ASSOCIATED PRESS

## Oscar Pistorius. Trial postponed for mental health evaluation

Oscar Pistorius will start a period of psychiatric evaluation at a government institution next week, a judge ruled on Tuesday as she postponed the star athlete's murder trial until June 30.

A panel of mental health experts is now to decide if the double-amputee runner can be held criminally responsible for killing his girlfriend.

Judge Thokozile Masipa said Tuesday that the panel should determine whether any mental illness may have affected Pistorius' capacity to be "criminally responsible"

for killing Reeva Steenkamp.

The period of evaluation will be for no more than 30 days, the judge said, and will depend on how long the panel of four experts needs to observe Pistorius and compile a report for the court. The panel will consist of three psychiatrists and a clinical psychologist, Masipa said.

The world-famous disabled athlete faces 25 years to life in prison if found guilty on the premeditated murder charge. He is free on bail.

THE ASSOCIATED PRESS



Left to right: Joe Gillivan, board chair, General Rick Hillier (Ret.), Major Alison Cowling, Divisional Commander



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# Car bombs kill scores in Nigeria

**Twin blasts.** Death toll expected to rise beyond the already 118 confirmed dead

Nigeria's emergency agency says twin car bombs that exploded at a bustling bus terminal and market in Nigeria's

central city of Jos have killed at least 118 people.

There was no immediate claim of responsibility for the twin car bombs. But they bore the hallmarks of Boko Haram, the Islamic extremist group that abducted nearly 300 schoolgirls last month and has repeatedly targeted bus stations and other locations where large numbers of people gather in

its campaign to impose Islamic law on Nigeria.

The second blast came half an hour after the first, killing some of the rescue workers who had rushed to the scene, which was obscured by billows of black smoke.

Dozens of bodies and body parts were covered in grain that had been loaded in the second car bomb, witnesses said. A Ter-

minus Market official said he helped remove 50 casualties, most of them dead. He spoke on condition of anonymity because he is not allowed to give information to reporters.

Militants' attacks have been coming with increasing frequency despite a year-old state of emergency in three of Nigeria's states to curtail the uprising. **THE ASSOCIATED PRESS**



Smoke rises after a bomb blast at a bus terminal in Jos, Nigeria, on Tuesday.  
STEFANOS FOUNDATION/THE ASSOCIATED PRESS

## Boko Haram. Expert says West is 'late' in fight against terror group

A terrorism expert says western nations, including Canada, are coming late to the game in confronting the extremist group that's seized nearly 300 teenage girls in Nigeria.

The U.S., Britain, Canada, France, Israel and China have all sent teams to the western African country, which has been locked in a deadly struggle with al-Qaida-affiliated Boko Haram for almost a dozen years.

Wesley Wark, one of Canada's foremost experts on international and domestic

terrorism, says the recent kidnapping has given the group an international platform and perhaps more notoriety than it deserves.

Washington has acknowledged that it is providing intelligence, surveillance and reconnaissance support in an international effort to free the girls. Wark says Boko Haram has represented a threat to the stability of Nigeria for years, especially in the northern region and in oil- and resource-rich areas. **THE CANADIAN PRESS**



A mother holds a photo of her daughter, who was amongst nearly 300 teenage school-girls kidnapped by Boko Haram. SUNDAY ALAMBA/THE ASSOCIATED PRESS

### Uganda

## Warlord Kony transfers power to young son

The fugitive African warlord Joseph Kony has handed over command of his group to one of his sons, a Ugandan military official said on Tuesday, an elevation that further marginalizes senior commanders who may threaten Kony's fading authority.

Salim Saleh was born in

the 1990s, has spent all his life in the bush and is said to be as ruthless as Kony.

Kony is the subject of an international manhunt involving U.S. forces in parts of Central Africa, where his group — the Lord's Resistance Army — has wreaked havoc over the years in violent rampages that include the abduction of children. The LRA has taken boys who are then forced to become fighters and girls who become sex slaves.

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# Swipe, swipe, swipe to get a love match

## The new dating game.

Singles no longer have to endure happy hour, these days all they need to find a date is an app

So, a lady walks into a bar... Wait, scratch that. A lady takes out her phone. With a left swipe of her finger she dismisses Alex, 25 and Robert, 48. She swipes right when a photo of James, 24, pops up. It's a match. James had swiped right too. They chat, and make plans to meet. They're only three miles apart, after all.

Welcome to the new world of dating. As the near-constant use of smartphones proliferates and as people grow more comfortable with disclosing their location, a new class of mobile dating applications is emerging that spans a range as broad as human desire itself.

Millennials, busy with school, jobs and social lives, say the apps save time and let users filter out the undesirable, based on a few photos, words and Facebook connections. Unlike the dating websites of yore, with endless profiles to browse and lengthy messages to compose, newer apps offer a sense of immediacy and simplicity that in many ways harkens back to



Melissa Ellard, with her dog Nike, uses the dating app Hinge.  
CHARLES KRUPA/THE ASSOCIATED PRESS

the good old days of just walking up to an attractive stranger and making small talk.

But apps offer users a way to get some dirt before chatting.

"If you are in a bar and a guy comes to talk to you, you are immediately going to be freaked out and you don't want to talk to them because they are drunk," says Melissa Ellard, 23, who uses Hinge and says she wouldn't have gone on a date in the past six months were it not for the app. "When you are using the app, you get to look at their picture and see background information. You get to decide whether you want to continue it or not. When I meet someone, I want to know everything about them before I go on a date with them." THE ASSOCIATED PRESS



## Target Canada head out after missing the mark

Target has fired the president of its troubled Canadian operations, Tony Fisher, and is replacing him with a 15-year U.S. company veteran in a bid to address inventory issues and bring customers back into its stores. The executive shakeup in Canada comes two weeks after the abrupt resignation of Target's CEO and Chairman Gregg Steinhafel. GETTY IMAGES

### Market Minute

**DOLLAR**  
91.75¢ (-0.36¢)

**TSX**  
14,525.19 (+10.45)

**OIL**  
\$102.44 US (-\$0.17)

**GOLD**  
\$1,294.60 US (+\$0.80)

**Natural gas:** \$4.54 US (+\$0.07)  
**Dow Jones:** 16,374.31 (-137.55)

## Turkey. Prime minister says justice will be served after fatal mine disaster

Turkey's prime minister pledged Tuesday to not allow anyone responsible for the country's worst mine disaster to go unpunished and promised improved supervision of Turkish mines.

Recep Tayyip Erdogan spoke a day after a court ordered the arrests of three more people as part of probe into the coal-mine fire in the western town of Soma, which killed 301 people.

The arrests raised the number of suspects facing charges of negligent death to eight.

The disaster has provoked anger at a critical time for Erdogan, as he mulls running in August's presidential election.

"God willing, everyone will draw the necessary lessons from this disaster," Erdogan said in his weekly speech to ruling party legislators.

THE ASSOCIATED PRESS

### Human rights

## Germany clamps down on exports of surveillance tech

Germany says it will restrict exports of surveillance technology to states that fail to respect their citizens' human rights.

Economy Minister Sigmar Gabriel says the move is designed to prevent spy software 'Made in Germany' from being used for internal repression by autocratic regimes. THE ASSOCIATED PRESS

### Turning the tables?

## China, America in war of words over cyberspying

China on Tuesday warned the United States was jeopardizing military ties by charging five Chinese officers with cyberspying and tried to turn the tables on Washington by calling it "the biggest attacker of China's cyberspace."

THE ASSOCIATED PRESS

### European basketball

## Flurry of alleged anti-Semitic tweets following game

Jewish organizations in Spain have asked prosecutors to investigate some 18,000 allegedly anti-Semitic insults sent via Twitter following a European basketball game. THE ASSOCIATED PRESS

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5 Viridian Drive Willow Ridge \$439,900	<b>WAVERLEY</b>
111 Cherrywood Drive Portland Hills \$599,900	322 Willowhill Ridge Spider Lake \$769,900
245 Nadia Drive Trinity Subdivision \$309,900	331 Willowhill Ridge Spider Lake \$789,900
247 Nadia Drive Trinity Subdivision \$289,900	<b>FALL RIVER</b>
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141 Bissett Road Model Home	556 Duart Avenue St. Andrews West \$529,900
<b>BEDFORD</b>	<b>OAKFIELD</b>
6 William Borrett Ter. The Ravines Model Home	193 Sawgrass Drive Oakfield Woods \$489,900
32 Alpine Court Alpine Court \$419,900	<b>2014 Lifestyle HOME</b>
151 Bosun Run Wentworth Estates fr. \$354,900	
<b>WEST BEDFORD</b>	The Evolution of the Traditional Family Home <a href="http://www.lifestylehome2014.ca">www.lifestylehome2014.ca</a>
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# KIMYE: APRÈS MARIAGE, LE DÉLUGE

Coming up this week: the defining moment of our age.

Famous-for-nothing Kim Kardashian is marrying the Biggest Ego on the Planet, "Yeezus" Kanye West, at the Forti De Belvedere in Florence on Saturday, the day after they and their guests take a private tour of the Palace of Versailles, former home of Louis XV, who famously said, "Après moi, le déluge."

Well, it never rains but it pours.

The original plan was for the couple to be married in Versailles, but the people who run the palace must have learned something after the wretched excesses of the Sun King and Marie Antoinette and will only allow a tour.

Of course, the palace is just a tumbrel ride away from the Place de la Concorde in downtown Paris, where former occupants of the palace lost their heads, victims of the wrath of the Republic.



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

The only mobs following Kim and Kanye around are paparazzi, although they're bad enough: Kim eats an ice cream cone on the Left Bank! Kim goes to the gym! Kim shows half a boob in display of pre-wedding fitness! Nothing about this wedding and its preparations escapes the scrutiny of the tabloid channels.

For example: Kim turned up in Paris with 10 suitcases, which must have made for an interesting answer to the question "Avez-vous quelque chose à déclarer?"

And this: the ice cream flavour was brittle nut macadamia, and the couple ordered two scoops.

The bill came to 14 euros, which is like 10

bucks an ice cream cone.

"J'adore Paris," observed KK.

Come on! How much more of this can we take? A lot, apparently. It's only Wednesday.

Am I the only one left in the world to remember that Kim Kardashian has done absolutely nothing to acquire her vast, social-media-stoked wealth and fame?

Nobody else seems to care. Celebrity is celebrity. Kim has even spawned a growth industry called Kardashian.

For example, on the same day La Kim went out for ice cream on the Left Bank, her kid brother Rob engaged in a tweet fest with the media because he is fat.

I mean, 35 per cent of the U.S. over-20 population is fat.

That's not news. Or it's bad news. But it's Rob Kardashian's claim to fame. In fact, the body weight of the entire clan is a national obsession. Kim and her sisters Kourtney and Khloé alert the media every time their clothes fit.

But really, it's all about Kim.

If I'm Kanye West and I'm touring the fabulous Hall of Mirrors on Friday, I might cast a quick glance at myself and make sure I still cast a reflection.

Because even the world's largest ego is going to have trouble keeping up with the Kardashian(s).

Yeezus.

## ZOOM

### Banding together for mascot



Emit, a four-week-old southern three-banded armadillo, eats banana off the hand of a zookeeper. A group in Brazil hopes the fact that the endangered armadillo is the World Cup mascot will raise awareness at all levels of society about the importance of saving the armadillo and its natural habitat. TOM UHLMAN/THE ASSOCIATED PRESS

#### Saving the three-banded armadillo

A Brazilian environmental group has launched an effort to save the endangered three-banded armadillo, the mascot for the World Cup starting next month.

The armadillo is in danger of extinction, largely because of deforestation and hunting in its habitat in the shrub lands of northeastern Brazil. Its meat is considered a delicacy by many in the region.

THE ASSOCIATED PRESS

#### World Cup baller

Those risks in large part are why the armadillo was chosen as World Cup mascot. Another is that when it's frightened, it rolls up into a ball small enough to fit into one hand, looking like a tan soccer ball.

Its hard shell protects it from its natural predators, jaguars and foxes, but it becomes easy prey for hunters since it does not dig a hole to hide in.

THE ASSOCIATED PRESS

#### One at a time

- The female produces only a single offspring in each litter, which is born extremely well developed, having the appearance of a miniature version of the adult.
- This small reproductive output rate contributes to the species' low numbers.

ARKIVE.ORG

## METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 11 in Scene, page 13 in Life and page 17 in Sports

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## MetroTube

### Geminid showers coming up all flowers



**ANDREW FIFIELD**  
metronews.ca

There's a wonderful little corner of YouTube devoted to Kenneth Brandon and his time-lapsed eye-candy series with an eye turned toward the night skies above California's more rugged spaces.

This beautiful footage of 2012's Geminid meteor shower over Big Sur is a nice example of his prodigious output. If you find yourself impressed, be sure to check out more of his work at [youtube.com/kennethbrandon](http://youtube.com/kennethbrandon). (Via Kenneth Brandon/YouTube)



GETTYIMAGES

# SCENE 2

**When two families commingle.** From The Brady Bunch to its film granddaddy, Yours, Mine and Ours, Hollywood loves a blended family story



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

The Brady Bunch is pop culture's most famous blended family.

The story of a "lovely lady who was bringing up three very lovely girls," and a "man named Brady with three boys of his own," who "would somehow form a family," ran for five seasons on TV, endlessly in reruns and even spawned two movies.

"The Brady Bunch is a live-action modern fairy tale of family," says Christopher Knight who played Peter Brady on the original show.

"In this context it's



Drew Barrymore and Adam Sandler play a widowed mom and a divorced dad who meet on a family safari after a disastrous blind date in *Blended*. CONTRIBUTED

less odd that it's lasted for over 30 years; and why it may last in some respects as long as Mother Goose!"

He may be optimistic on the eternal appeal of his show, but he's not wrong to imply that the idea of blended families could remain the subject of stories and movies for years to come.

This weekend "cinematic soulmates" Drew Barrymore and Adam Sandler reunite for a third time, following *The Wedding Singer* and *50 First Dates*, for *Blended*, a romantic comedy about the mixing and mingling of two families.

Hollywood has been blending screen families for years. The grandfather of these blended family stories has to

be *Yours, Mine and Ours*.

Based on the memoir *Who Gets the Drumstick?* by Helen Beardsley, this 1968 Lucille Ball, Henry Fonda film sees a widow with eight kids and a widower with 10 children (including Mike, played by Tim Matheson 10 years before he found fame in *Animal House*) become one big (almost) happy family.

The film was produced by Ball, who became so friendly with the Beardsleys she treated all 20 of them to a trip to Disneyland. ABC and Paramount Studios were so impressed with the film they gave the green light to the similarly themed *The Brady Bunch* show.

The same year, movie legend Doris Day made her final big-screen appearance in *With Six You Get Egg Roll*, a blended family story about a

widow with three sons who marries a man with a daughter. The kids don't see eye to eye, but soon figure out a way to live together. Released so soon after *Yours, Mine and Ours*, *Eggroll* got good reviews, but, as Roger Ebert wrote at the time, "would probably seem funnier if it didn't suffer by comparison."

Finally, *Step Brothers* is an R-rated look at extreme Peter Pan Syndrome. Will Ferrell and John C. Reilly play 40ish men who become bunkmates and reluctant stepbrothers when their parents (Mary Steenburgen and Richard Jenkins) marry. The familiar reprimand "Grow up and act your age" fell on deaf ears with these guys. It's like watching two overweight, foul-mouthed 10-year-olds with thinning hair going at each other, but it is good vulgar fun.

## Third-time rom-com charm

### Getting their act together, again

On their third romantic comedy together, Adam Sandler and Drew Barrymore are obviously big fans of each other — though Sandler says that until their latest, *Blended*, it was all an act. "I love Drew. I've known her a long time. In all three movies, we have the pleasure of falling in love. The first two I faked it. But this one I really did," he jokes about his *Wedding Singer* and *50 First Dates* co-star, to which she responds, "You fake it good."

The secret to their long-standing partnership? Timing and patience, according to Barrymore. This time, with *Blended*, they take on a rather unique set of dating circumstances:

A widower and a divorcee, each with multiple kids at home, who initially meet on a disastrous blind date and then end up accidentally sharing a family vacation to Africa, where being forced to spend time with each other gives them a chance to reconsider each other's faults.

For their third go-round together, Sandler and Barrymore find themselves playing parents, which might have as much to do with their age as it does with the fact that both stars now have kids at home. As far as how she's doing as a new mom? Her co-star gives her high marks. "You're all about your kids," he says, smiling.

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# Lea Michele dishes on her new book and style must-haves



Actress and singer Lea Michele GETTY IMAGES

**Brunette Ambition.** Glee star's memoir gives fans a glimpse into her life and style

LAKSHMI  
GANDHI

Metro in New York City

Actress and singer Lea Michele is now also a published author.

In her new book *Brunette Ambition*, Michele details her journey from being a child performer on Broadway to becoming the star of the hit TV show *Glee*. The glossy, photograph-filled book covers everything from navigating life in Hollywood to beauty and style tips.

"I just really wanted to have the opportunity to do something for my fans," Michele tells us. "They are always asking me about health, beauty, fitness. So I wrote this book for them."

The book also pays tribute to Michele's singing idol Barbra Streisand, with each chapter beginning with either a quote from the singer or from one of Streisand's iconic movie roles. "I think she is just amazing," Michele says of her fellow singer and actress. "I remember watching



*Funny Girl* as a little girl and I think that she's an amazing role model. I've been trying to do that for my fans."

While Michele says that deep down she is a jeans-and-T-shirt person at heart, she also writes about her favourite award night looks and her red carpet beauty routine. "I really love my hair and makeup team; they've been with me for a long time," she says. "When we're getting ready for the red carpet,

we put on music. It's a lot of fun."

It's been a busy spring so far for Michele. In addition to promoting her new book, she just released the video for her single *On My Way* from her first solo album *Louder*. She also voices the character of Dorothy in the animated film *Legends of Oz: Dorothy's Return*.

"I was so happy that I had the opportunity to play Dorothy. It's such an iconic role," she says, noting that her favourite song in the film is *Work With Me*.

Michele pauses for a moment when asked to name three items she thinks every woman should have in her closet. "Boyfriend jeans, motorcycle boots and a leather jacket," she replies after consideration.

However, she doesn't miss a beat when asked to pick her favourite recipe in the book. "Definitely I would say the grilled cheese," she replies instantly. "I'd eat it every day if I could."

**Lea Michele on her singing idol Barbra Streisand**

"I think she is just amazing. I remember watching *Funny Girl* as a little girl and I think that she's an amazing role model. I've been trying to do that for my fans." Lea Michele

metro

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## Nicole doesn't Kid about her man and her fam



Nicole Kidman

Nicole Kidman is ready to give up her film career all together in favour of her family — she's just waiting for husband Keith Urban to ask. "If he said no, I wouldn't have done it. That's how we are," she tells the Daily Mail about her latest role as Grace Kelly in *Grace of Monaco*, which

debuted at the Cannes Film Festival. "I know this sounds old-fashioned, but I do put it on the table. Because if it won't work for us, then I'm not doing it." When asked point-blank if she would quit acting should Urban request such a move, Kidman says, "Yeah, if he asked me. No question."



Robert Pattinson ALL PHOTOS GETTY IMAGES

## Pattinson trying to break dawn persona that attracted paparazzi

For the past year, Robert Pattinson has been trying to disappear. He says he's been actively avoiding having his photo taken, trying to erase a tabloid persona.

"I'm just trying to not be in stupid gossip magazines, basically, and I think the best way to do it is never be photographed ever," says Pattinson. "As I get older, I just get more and more and more self-conscious about getting photographed. I don't know why. I've done it too many times and now I feel like everyone can see through me."

Not being photographed

isn't an option for Pattinson at the Cannes Film Festival: The annual Cote d'Azur extravaganza is famous for its walls of photographers and its rabid hunger for celebrity.

But Pattinson has unveiled a new, more mature image of himself at this year's Cannes. He stars in two of the festival's top films: David Michod's lean, dystopian thriller *The Rover* and, in competition, David Cronenberg's dark Hollywood satire *Maps to the Stars*. In the latter, he plays a Los Angeles limo driver trying to break into the movie business.

THE ASSOCIATED PRESS

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Charlize shares that things are haPenning with Sean

Charlize Theron is finally opening up about her blossoming relationship with Sean Penn, and all it took was an interview with *Vanity Fair*. "Sean and I have known each other for 18 years. We were just really good friends," she tells the magazine. "And it's been slow going because you are aware that you could screw that up and lose it. We had to think about it. But at the end of the day, it was somewhat effortless. It just kind of naturally happened, and before I knew it I was in something that was making

my life better. The people who really love me can see the effect it has had on me." She does admit, though, that the paparazzi attention has made developing a relationship a bit awkward. "I don't know how you have a healthy relationship with the whole world knowing about it," she says. "Look, we're dating, and I don't think we were trying to hide anything. We were photographed, the relationship was kind of written about. I recently did a daylong press junket, which I hadn't done in forever, and it's a harsh reminder that whatever people try to hide a press junket behind, it's really a roundabout way of getting at as much private s— as they can. It was all about what I like to eat and avoiding questions about Sean or my son."

## Actress advises teens about life, love and nose-picking

Seniors at Warren Easton Charter High School in New Orleans got quite a surprise when their graduation speaker turned out to be none other than Oscar-winner Sandra Bullock, according to *E!* News. And Bullock had some choice advice for the young adults in attendance. "Stop worrying so much. I don't remember any of the moments in my life where I worried. Raise the bar higher. Nothing is a failure, it's just not supposed to work out," she told the crowd. "Eat something green every day. Do not pick your nose in public — how about we just go get a tissue? When someone who cares about you hugs you, hug them back. If someone doesn't want to play with you, it's OK. Not everybody is going to love us. And last but not least, go find your joy. It's what you're going to remember in the end. It's not the worry, it's not the what-ifs. It's the joy that stays with you."

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# Grand Re-Opening!

## Friday May 23rd

50 Tacoma Drive, Dartmouth



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## TAKE A LOOK AT WHO IS EXPANDING RENOVATED CLINIC IN TACOMA PLAZA

Family Vision Clinic's Tacoma Plaza location has a new look, so it's time to celebrate. This Friday, it is holding a grand reopening, which will run from 9 a.m. to 6 p.m.

To celebrate its expansion, the clinic will be offering amazing one-day prizes, discounts and upgrades, as well as the chance for someone to win their frame and lenses. There will also be free multifocal daily disposable contact lens fittings.

Family Vision Clinic has five locations in metro and the Tacoma Plaza location is located at 50 Tacoma Dr.

Family Vision Clinic has been locally owned and operated since the early 1960s. One of the reasons for the company's continued success is its focus on ensuring its patients are satisfied.

"We stand behind our service on everything we do," says Dr. Rhett MacDonald, an optometrist at the Tacoma Plaza location.

At Family Vision Clinic, new technology meets personalized, patient-centred care. The doctors of optometry at Family Vision

**"WE STAND BEHIND  
OUR SERVICE ON  
EVERYTHING WE DO."**

**– Dr. Rhett MacDonald,  
an optometrist at the  
Tacoma Plaza location**

Clinic are committed to providing professional and personalized optometric care for all of their patient's vision needs.

Great product selection is another reason for the clinic's success, as the five locations carry a range of frames and lenses, from budget to designer lines and everything in between.

With its expansion at the Tacoma Plaza location, there is now room for an even greater selection of eyewear.

"It's allowed us to bring in more variety in our frame selection and more styles of frames," MacDonald says.

And if Family Vision Clinic doesn't have



RICHARD WOODBURY PHOTO

the right pair of glasses for an individual, it is happy to make special orders. Even better, patients aren't under any obligation to make the purchase when the eyewear arrives.

Family Vision Clinic is committed to

using state-of-the-art technology for both the eye examination and for the products that are sold. This helps ensure that patients are completely satisfied that their eye care needs have been well looked after.



Dr. Miriam Debly, Dr. Michael Oulahan, Dr. Jody Killoran,  
Dr. Shaun MacInnis, Dr. Rhett MacDonald, Dr. Stephanie Blackmore,  
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METRO CUSTOM PUBLISHING *FAMILY VISION CLINIC*

## EARLY YEARS ARE CRITICAL FOR VISION

Children should be getting their vision tested at an early age. In fact, the first test should be done when a child is between six and nine months old.

"Parents shouldn't wait until their children are school-aged to have their eyes tested," says Dr. Rhett MacDonald, an optometrist at Family Vision Clinic's Tacoma Plaza location in Dartmouth. "The reality is that there are often no outward signs of a vision problem

because children have nothing to compare to. The early years are a critical time for vision development and the sooner a problem is identified, the greater the chances are of correcting it completely."

While some parents may assume that eye tests are only effective once their child can read, testing can be done at any age since many optometric techniques don't require direct responses from the child.

One condition that is important to treat early is amblyopia. Colloquially referred to as lazy eye, this occurs when vision doesn't develop properly.

"If we find it early enough, in most cases we can improve vision through glasses, eye patching or a referral for surgery," MacDonald says.

Having good vision is a crucial component to the learning process because more than 80 per cent of early learning is visual. This is

especially relevant given that many children who are diagnosed with learning problems or behavioural issues actually have a correctable vision problem. Vision problems have also been associated with disorders, such as attention deficit, bipolar disorder and depression.

MacDonald encourages all parents to have their children's vision tested. "We encourage everyone to think about bringing their children in. It's in our name, Family Vision Clinic."

More than 90% of decisions and reactions depend on good vision, especially when driving.



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Robyn MacKenzie, a licensed optician at Family Vision Clinic's Tacoma Plaza location in Dartmouth, says people are having more fun with glasses and frames. RICHARD WOODBURY PHOTO

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## Bolder and brighter

*People are having fun with glasses*

The trends in today's eyewear combine a mix of both new and old developments.

On the new side, people are opting for glasses that have brighter colours, such as blues, reds, purples and even the odd pink. This results in a bolder look.

"Even parents with their kids, they're not afraid to give them some colour and have fun with the glasses and make it more of a fun experience," says Robyn MacKenzie, a licensed optician at Family Vision Clinic's Tacoma Plaza location in Dartmouth.

This trend is also reflective of the fact that people are not hiding behind their glasses, but are really embracing wearing them.

Today's glasses are increasingly viewed as a fashion accessory with some people wearing them despite the glasses not having a prescription in them.

"Some people just want to get glasses to add to their outfit for the day," MacKenzie says.

The use of glasses as a fashion accessory means there is a lot more embellishment in the designs. As an example, some glasses today have Swarovski crystals in them and intricate cuttings. Some glasses even feature interchangeable frame temples so people change the colours to suit their attire and look.

One final trend is that many major fashion

### TWO OPTIONS FOR CONTACT LENSES

Thanks to advances in technology, today's contact lenses are a viable option for more people.

"There aren't as many instances where it's clear cut that glasses are the better option than contact lenses, and a lot of people find great uses for both, depending on the situation," says Dr. Rhett MacDonald, an optometrist at Family Vision Clinic's Tacoma Plaza location.

As part of its grand reopening on Friday, Family Vision Clinic is offering free one-day multifocal contact lens fittings.

People have two main options when it comes to contact lenses. They can choose either daily disposable lenses or monthly disposables. The monthly disposables must be sterilized in between uses.

One of the advantages of daily disposable lenses is that users can be assured they always have a fresh pair, which can be tremendous for the comfort of wear and for the health of the eyes.



**Juicy Couture**  
los angeles, california

designers also sell glasses. Even Jimmy Choo, the fashion designer best known for women's shoes, is making glasses. There will be a special showcase of designer glasses featuring Jimmy Choo during Family Vision Clinic's grand re-opening.



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Family Vision Clinic uses state-of-the-art technology at all its clinics. RICHARD WOODBURY PHOTO

## Cutting-edge technology

At Family Vision Clinic, the use of cutting-edge technology has an impact on patients in multiple ways. Not only does it help Family Vision Clinic take better care of its patients' ocular health, it also means that the glasses and contact lenses the business carries will offer the very best eyewear options.

"We always try to stay current with cutting-edge technology," says Dr. Rhett MacDonald, an optometrist at Family Vision Clinic's Tacoma Plaza location.

This means the clinic continuously invests in the latest equipment. Family Vision Clinic recently purchased a piece of technology that allows staff to take digital images of a patient's retina.

"It allows us to not only monitor pre-existing problems, but also aids in the diagnosis of certain eye diseases such as glaucoma," says MacDonald.

Another piece of state-of-the-art technology that Family Vision Clinic recently purchased is called the Visioffice 2, which uses an innovative computer program to take customized measurements for each patient.

### A WINDOW INTO YOUR HEALTH

While a person's eyes allow them to see the world, they also provide a window into that person's health.

Eye exams can sometimes aid in identifying vascular diseases such as high blood pressure, diabetes and high cholesterol.

Adults between 19 and 64 should be examined every two years, while seniors should be examined annually.

Even for people with 20/20 vision, eye exams are a must. The reality is that many serious eye diseases don't have symptoms, so a full eye exam is the only way to confirm whether your eyes are healthy.

It collects information about specific frames, lens designs, the tasks the glasses will be used for and even the patient's age to ensure that the finished product is optimal.



kate spade  
NEW YORK

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# Grand Re-Opening!

## Friday May 23rd

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20 LIFE

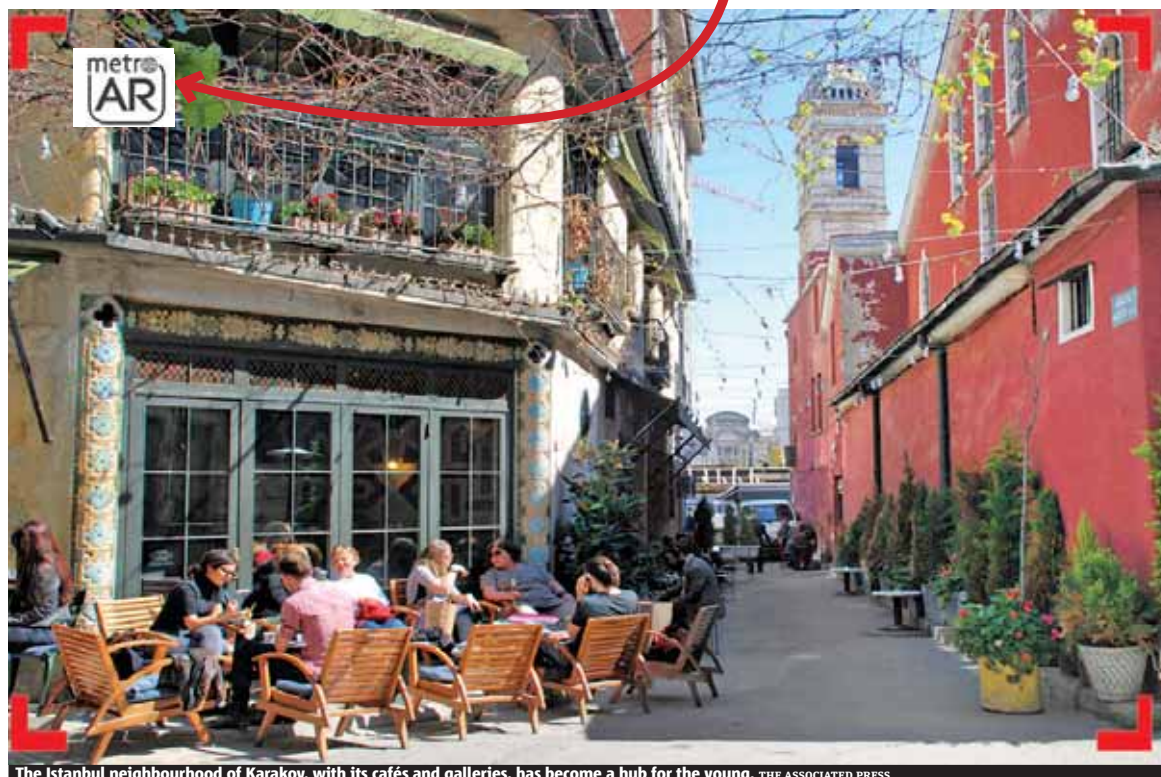
# Finding the real Istanbul

**Wanderlust.** Turkey's famed city has your typical tourist haunts, but stray from beaten path for so much more

Istanbul, the noisy Turkish metropolis on the Bosphorus Strait lauded by many a travel ranking, has much more to offer than grand mosques and bazaars. Away from the din of typical tourist haunts, a walk around the neighbourhoods of Karakoy, Balat and Kuzguncuk will peel back the surface to reveal the city's multilayered history. As proof of Turkey's popularity, TripAdvisor just named the country the world's top destination, based on the website's ratings and user reviews.

#### Karakoy

Descending from the Galata Tower in the Beyoglu district, often regarded as the "pulse of Istanbul," one of the city's steepest hills will lead to Karakoy, an up-and-coming area hemming the Bosphorus Strait. This one-time industrial neighbourhood is still home to a number of shops where anything from fishing equipment to Bunsen burners can be procured. But the hardware stores and workshops must now negotiate their space with new galleries and cafés that have created a hub for young hipsters. Past the Karakoy ferry terminal, one street over from the water, look for Namli Gurme, a restaurant and small marketplace offering a large selection of "mezes," or cold appetizers. Also served here is a cut of meat called "lokum," which means Turkish delight and is the term for anything wildly tasty and juicy (unlike the narrower meaning of the term Turkish delight out-



The Istanbul neighbourhood of Karakoy, with its cafés and galleries, has become a hub for the young. THE ASSOCIATED PRESS

side the country, referring only to chewy sugary candies).

#### Balat

The Balat district is a quiet historic area by the Golden Horn, the narrowest stretch of the Bosphorus. Its twisting streets and weathered houses, like antiques in an open museum, echo a past occupied by waves of Jewish, Greek, Bulgarian and Armenian residents. The area is now home mainly to

working-class Turks from Black Sea towns and Central Anatolia. Adventurous tourists who can find the beauty in the decaying buildings and are willing to forgo the reliability of a map will enjoy wandering the hilly streets. Walking from the Galata Bridge by the seaside toward the end of the Golden Horn, the Gul Mosque is not to be missed. Formerly known as Saint Theodosia church, the cross-in-square orthodox

church was converted into a mosque by Ottomans.

#### Kuzguncuk

On the Asia side of this continental crossroads of a city, the quiet, pictorial village of Kuzguncuk is minutes away from the Uskudar ferry terminal. It's lauded as a quieter, perhaps less jaded version of upscale Ortakoy on the European side. It is another well-known Jewish quarter, home

to two synagogues. Among the seaside fish restaurants bearing views of the Bosphorus Bridge, Ismet Baba generates the most fanfare. Uryanizade Sokak, running perpendicularly from Ismet Baba and the seaside, is a restored street lined with Ottoman houses and studios for artists. Farther north, the waterside showcases a string of Istanbul's famous classic wooden-framed mansions, known as "yali." THE ASSOCIATED PRESS



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Bucket List



## Cruise down the Amazon in luxury

Next month, boutique cruise company Rainforest Cruises is launching the M/V Cattleia, an intimate eight-passenger boat ready to set sail to the remote Pacaya-Samiria Reserve in the Loreto region of the Peruvian Amazon. Wind through tributaries and channels, spotting rarely seen wildlife (including the pink river dolphins) and communing with local indigenous tribespeople. The boat's five-star feel is underscored by fine linens, great food made with exotic local ingredients, en-suite bathrooms and best of all — air conditioning, a blessing in the Amazon humidity. Four- and five-day cruises start at about \$2,400. RainforestCruises.com.

DOUG WALLACE/METRO



**ON THE MOVE**  
Loren Christie  
life@metronews.ca

I love taking photos when I travel. However, apart from following the rule of thirds — two thirds sky, one third land (or vice versa) — I don't actually know what I'm doing.

I asked four professional photographers for their tips on how we amateurs can best capture those perfect moments.

Here they share some of their secrets for taking the kind of travel photo you'll want to hang on your wall.

# Four tips for taking great pics



PHOTOS: PETER REMUS

## Portrait perfect

My recipe for a perfect portrait is to never photograph people with their back or face to the sun. If sunlight is behind them, the camera will autofocus on the person and the background will be lost or it will autofocus on the background and your subject will be blacked out. If the person is facing the sun, likely they will be squinting in the direct light and their face will be bleached out. So make sure to have the sunlight either to the left or right of their face and then use your flash to light up the other half of your subject.

CONNOR REMUS  
CONNORREMUSPHOTOGRAPHY.COM



## Bad weather makes for good pictures

Scenery is always a favourite subject for travellers. Before shooting, think about what drew your attention to the place. Light is a key factor. The best pictures are often made at the beginning or end of the day, or surprisingly, in changeable and bad weather.

GARY CRALLE  
GCRALLE4.WIX.COM/GARY-CRALLE



## Beauty really is in the eye

When shooting wildlife, make sure the animal's eyes are in sharp focus. A sharp eye provides a strong and intriguing focal point for most viewers. An out-of-focus eye lacks interest. Next, pick an angle that puts the sun behind you and over one of your shoulders. This shooting angle will produce a twinkle in the animal's eye that helps you avoid that dark dead-eye look.

MICHAEL DEFREITAS  
IWRIETRAVEL.COM



## Keep your camera at the ready

I like a camera to be convenient. Travel with something that will fit in your pocket. Have some method of backing up your photos as you travel — an online service, downloading to a tablet or laptop, or burning back-up discs as you go.

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# Sending out those CVs too swiftly can lead to a legacy of 'We'll let you know'

## Resumé on the run.

Remember to take extra care when you're casting your net extra-wide

LAUREN MARINIGH  
TalentEgg.ca

Everyone has been there: You're in such desperate need of a job, be it part-time or full-time, that you're sending out applications to just about anyone.

But now, having submitted multiple resumé, you can't quite figure out why you're not hearing back from employers. Here are some common things you may be doing that affect your job application.

### Nothing says "hire me" like a blank email

Typing up a personalized email for every single place you apply



Don't be so speedy with your CV that you forget to check your spelling. iStock

is time-consuming.

You may think everything that the employer needs to know is in your attached resumé and cover letter, but a blank email shouts: "I'm too lazy to take the time to personalize this application for you."

Your email doesn't need to be (and shouldn't be) as detailed as your cover letter, but you should give your potential

employer a brief overview of yourself, what job you're applying for, and why.

If a company receives hundreds of job applications, the ones that have blank emails will have an even harder time standing out from the pack and making it to the next round in the process.

**Your resumé is just straight-**

### up terrible

You're young and you may not have loads of work experience.

That's fine, but in 2014 there's no reason your resumé should have zero layout, be extremely disorganized, and/or be longer than if you had 20-plus years' experience.

It's so easy to have a clean, crisp resumé. Get started by searching "free resumé templates" in Google and download one ASAP; all you'll need to do is fill in the blanks.

In the long run, you'll probably want to make a resumé from scratch, but seeing samples can help you start thinking about (and planning) your own.

If you don't have much work experience, showcase other accomplishments you may have, such as volunteer experience or extra-curricular activities. There's no reason your resumé should include your education alone.

It should be no longer than two pages, and there's really no reason it should be more than one. Take a look at what's on your resumé: The drama award you won in Grade 5 is probably irrelevant now.

**You miss important details on your resumé/cover letter**  
Everyone has done it — sent out an application without changing some key pieces of information.

Forgetting to change your career objective or including a cover letter for the wrong position are both surefire ways to get overlooked.

Take your time when applying for jobs and proof-read everything. When an employer gets an application with the wrong company and position listed on it, it'll more than likely go straight into the trash, no matter how qualified you are.

### Job description? What job description?

You got so excited when you realized a new position had opened up at your favourite business or dream workplace that you forgot to read the entire job description before you applied.

Had you read the job description, you'd realize that the employer asked for you to attach a portfolio (which you didn't), or asked for someone who speaks French (which you don't).

Don't waste your time, or an employer's. Take the time to read the job description thoroughly and make sure you have the specific skills required for the role.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

# Post-grad pact keeps best friends afloat

## After-school activity.

College friends write about joys of staying in touch after graduation

ANDREA PARK  
Metro World News

Even the closest of college friends can drift apart after graduation, but Jessica Pan and Rachel Kapelke-Dale were determined not to let this happen. The two friends made a pact to email each other every week after they graduated from Brown University, even though Jessica was moving to Beijing and Rachel was moving to New York.

Seven years after gradua-



Co-authors Rachel Kapelke-Dale, left, and Jessica Pan. IAN COOK

tion, the two friends are as close as ever, and have pared down the most heartbreaking and hilarious emails that recounted their 20s in the new book *Graduates in Wonderland*. We talked to the authors about their formerly long-distance relationship and correspondence.

**Rachel, you talk a lot about**

**feeling miserable and lost right out of college once you moved to New York City. I found that a lot of my friends felt the same way after we graduated. Do you think it's more common than it seems?**

**Kapelke-Dale:** I think it's something that a lot of people go through when they move to New York, but they don't want to talk about it because it's such a great city that everyone dreams about ending up in. I did feel that Jess was one person I could talk to about my dreams not always matching the reality, and how I was still working on getting there.

**Jess, do you think you were**

**better off moving to Beijing and forgoing the conventional route?**

**Pan:** I think I went to Beijing because I wanted an adventure, and it's easier to do different things there. You meet different kinds of people and connect really strongly to people that, if you met them in New York, you might not make that connection with them. I worked at a magazine, and I felt like it would have been harder for me to do that in New York. There were more opportunities because I was in a different place.

**Tell me more about your pact.**

**Pan:** We both had talked

about this before graduation, about how we heard from our mothers that they had really great college friendships, but those friendships faded away in time because they hadn't kept in touch. We said, "We can't let this happen to us," and I was going to Beijing and she was going to New York. We said, "We have to stay close by really living what's going on in our lives instead of summaries every six months." We also felt like there was no point in keeping in touch if we weren't going to be honest: If you're not saying how down you feel or how terrible the sex was, who can you tell? The more honest we were, the less lonely we were.

**Did you feel you were able to grow together even though you were so far apart?**

**Pan:** Yeah, I do think we did. I'm an impulsive, sort of crazy person, and it's really good to have someone tell you when you're being too crazy. We went through the things every young woman goes through: Looking for the right career and going through heartbreak, etc., and I do think we grew together.

**Kapelke-Dale:** The importance of emailing once a week versus every six months is that you're giving advice and asking for advice and talking about adventures and humiliation, so you are actually experiencing them together.



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# A serving of spring

## Vegetable Primavera.

The word 'primavera' literally means 'spring' in Italian. Add asparagus and fiddleheads for a seasonal touch



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

Once May hits, fresh vegetables become a bigger part of everyone's kitchen repertoire. Outdoor markets also begin to flourish and become colourful.

Taking the time to stroll through the market or grocery store can easily become daunting, so make a list! Choose a few great delicious recipes for the week and make your list, then set your sights on the market and grocer.

There is always a little room for wandering, but if time is of the essence, that grocery list will make you more efficient

### Ingredients

- 1 tbsp (15 ml) extra-virgin olive oil
- 2 cups (500 ml) cubed firm tofu
- 3 cloves garlic, minced
- 1/4 tsp (1 ml) hot pepper flakes
- 1 cup (250 ml) vegetable cocktail juice
- 2 cups (500 ml) chopped fresh asparagus or peas
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1 yellow or green zucchini, julienned
- 8 oz (227 g) whole-wheat fettuccine or linguine pasta
- 2 tbsp (30 ml) chopped fresh Italian parsley (optional)
- 3 tbsp (45 ml) freshly grated Parmesan cheese

and ensure you're not wasting veggies by not using them.

Primavera means spring-time in Italian, which makes sense as this dish showcases fresh vegetables and colours.

My version uses vegetable cocktail juice, which many people have on hand. It can, however, be easily substituted with your favourite pasta sauce.

Use your favourite spring vegetables like asparagus or fiddleheads. But don't worry that seasonality will ruin this dish, because you can get peppers, tomatoes and peas year-round! When you get bored, change up the vegetables and use a variety of colours. This

## FLASH FOOD



From your fridge to your table in 30 minutes or less

pasta is also a wonderful way to use up leftover roasted or grilled vegetables.

Normally made with just vegetables, this version uses tofu for an added twist and a hit of protein.

Grind some fresh black pepper to finish the dish.

1. In non-stick skillet, heat oil over medium-high heat. Brown



**COOK TIME**  
20 MINUTES

This recipe serves six. EMILY RICHARDS

tofu on all sides for about 3 minutes; remove to plate.

2. In same skillet over medium heat; cook garlic and red pepper flakes for 30 seconds. Add vegetable cocktail juice and stir

to combine. Add asparagus, red pepper, carrot and zucchini; cook, stirring 10 minutes or until vegetables are tender crisp.

3. Meanwhile, in large pot of

boiling salted water; cook fettuccine for about 8 minutes or until tender but firm. Drain and add to skillet. Stir in reserved tofu and toss to coat well. Sprinkle with parsley, if using and cheese.

# Carrots moonlight as fettuccine pasta

1. Heat the oven to 350 F.

2. In a shallow baking dish, spread the walnuts in an even layer and bake on the oven's middle shelf for 8 to 10 minutes, or until they smell fragrant. Remove and set aside.

3. Meanwhile, using a swivel blade or a Y-shaped vegetable peeler, peel the carrots into long fettuccine-like strands, discarding the core (or saving it for a snack or a stock).

4. In a large skillet, combine 1 cup of the chicken broth with the lemon zest, a hefty pinch of



This Lemony Carrot "Fettuccine" with Toasted Walnuts serves four.

MATTHEW MEAD/THE ASSOCIATED PRESS

### Ingredients

- 1/2 cup chopped walnuts
- 2 lbs large carrots, peeled, stem ends discarded
- 1 1/4 cups low-sodium chicken or vegetable broth, divided
- 1 tbsp grated lemon zest
- Salt and ground black pepper
- 2 oz low-fat cream cheese
- 1 tsp lemon juice
- 2 tbsp chopped fresh chives

salt and several grinds of pepper. Whisk the mixture until the lemon is well distributed.

5. Cut up the cheese into small pieces and add it to the skillet along with the carrots. Cover the skillet tightly and bring the broth to a boil.

6. Reduce the heat and simmer the carrots, covered, for 3 minutes. Remove the lid, and stir the carrots gently with tongs to make sure the cheese is well

distributed. Cover and simmer, adding the additional broth if the mixture seems dry, for another 1 to 2 minutes, or just until the carrots are tender.

7. Stir in the lemon juice, then season with salt and pepper. Divide the carrot "fettuccine" between 4 serving plates, then top each portion with a quarter of the toasted walnuts and the chives. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

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# Rangers forward rich in experience

**Conference finals.** After winning a cup in '04, Brad Richards taking on a new role in New York

It's Brad Richards' turn to be the old hand, tutoring his young New York Rangers teammates on what it's like to win a Stanley Cup.

It wasn't like that in 2004, when Richards and teammate Martin St. Louis won the cup with the Tampa Bay Lightning.

"This whole playoffs it's been fun to do that," the 34-year-old Richards said Tuesday. "When I was in Tampa, Marty also, we didn't really have a clue what we were doing."

"We were first time through it, leaning on other people, older people, asking them all the questions. It's fun to try to gather the group and talk about things. This group has come together so much and they ask a lot of questions. They make fun of us a lot for doing that, too, but it's fun to try to help out that way."

The Rangers are two wins away from a trip to the Stanley Cup final after taking the opening two games of the NHL Eastern Conference final from the Canadiens in Montreal.

They swamped the flat-footed Canadiens 7-2 in the series opener on Saturday afternoon, but then needed a 40-save effort from goalie Henrik Lundqvist to pull out a 3-1 win in a major Montreal push-back on Monday night.

Game 3 is set for Thursday night at Madison Square



Brad Richards celebrates after scoring a goal against the Canadiens in Game 1 of the Eastern Conference finals on Saturday. A decade after winning his last cup, Richards has emerged as a leader in New York. BRUCE BENNETT/GETTY IMAGES

Garden.

In 2004, the Canadiens came back to beat Boston in the opening round but then were swept by the Lightning. This year, Montreal is again coming off a Game 7 win over the Bruins and is in danger of losing in four straight.

That has Richards, a P.E.I. native who played junior hockey in Quebec with the Rimouski Oceanic, and Montreal native St. Louis at 6-0 in career playoff games against the Canadiens.

Their message to teammates who haven't won a cup is to not let the opportunity slip away. **THE CANADIAN PRESS**

## Breaking the Hab-it

Montreal coach Michel Therrien said his team is confident it can still win the series if it gives up fewer odd-man rushes and keeps up the fast-paced game it brought on Monday.

- "I believe that we will turn it around," said Therrien. "The first game was tough for us emotionally and physically. We didn't get much time between Game 7 (against Boston) and Game 1 (against the Rangers), and

it was an afternoon game. It shows in the result. But I thought we regrouped really well. We were a team that played with a lot of energy, that was pushing the pace, and we played a solid game."

- Therrien spoke to the media on a conference call while his players took what he said was a much-needed day off. They will practise on Tuesday before flying to New York.

## Hockey worlds

### Canada tops group after tough win

From a disallowed goal to a penalty kill in the final minutes, Team Canada didn't enjoy a lot of easy moments in beating Norway 3-2.

But that's exactly how coach Dave Tippett wanted it, as his team got the regulation victory it needed Tuesday to finish first in Group A at the world hockey championship.

"We played well, and I like that we got pushed right to the end," Tippett said. "If it would've been a 5-1 or 6-1 game, maybe you get into bad habits, you just kind of float through it."

It remained close even after Joel Ward scored the second of his two goals, the eventual game-winner, midway through the third because Norway didn't go away.

Canada will face Finland in Group B in the quarter-final round Thursday.

**THE CANADIAN PRESS**

## NBA draft lottery

### Another Canadian kid in Cleveland?

The Cleveland Cavaliers have continued their remarkable lottery luck, winning the No. 1 pick in the NBA draft for the second straight year.

It's the third time in four years the Cavs will be atop the draft after moving up from the ninth spot. They had just a 1.7-per cent chance of winning the top spot Tuesday night.

They drafted Toronto's Anthony Bennett last year, and Andrew Wiggins, also of Toronto, is expected to be selected first this year.

**THE ASSOCIATED PRESS**

# Foreurs forge semifinal spot with 2-OT win



The Val-d'Or Foreurs celebrate Samuel Henley's game-tying goal in the third period on Tuesday night in London, Ont. DAVE CHIDLEY/THE CANADIAN PRESS

Anthony Richard scored the double-overtime winner for the Val-d'Or Foreurs in a 4-3 victory over the Edmonton Oil Kings at the Memorial Cup on Tuesday.

The Foreurs advance to Friday's semifinal with the marathon win that finished with Richard scoring on a breakaway 1:15 in the second overtime.

Pierre-Maxime Poudrier scored short-handed for the Foreurs with captain Samuel Henley and Shawn Ouellette-St-Amant also contributing a goal each for the Quebec Major Junior Hockey League champions.

## On Tuesday

4

Foreurs

3

Oil Kings

Curtis Lazar had a goal and an assist for the Oil Kings. Henrik Samuelsson and Reid Petryk also scored for the Western Hockey League champions.

Edmonton outshot Val-d'Or

50-33. Foreurs goaltender Antoine Bibeau stopped 47 shots, including a penalty-shot attempt in the first period. Oil Kings goaltender Tristan Jarry made 29 saves in defeat.

The tournament's final round-robin game pits the Ontario Hockey League champion Guelph Storm against the host London Knights.

The Storm have already secured a berth in Sunday's final with two wins, while the winless Knights need a win to avoid elimination and get into a tie-breaker game. **THE CANADIAN PRESS**





Chris Andersen pulls down a rebound against a crowd of yellow-clad Pacers supporters during Game 2 of the Eastern Conference final in Indianapolis, Ind., Tuesday. ANDY LYONS/GETTY IMAGES

# Heat rally to tie series en route to Miami

**One win each.** LeBron leads Miami in decisive fourth quarter run

LeBron James scored six straight points to spark a decisive 12-2 run, and the Miami Heat beat the Indiana Pacers 87-83 on Tuesday night to leave the Eastern Conference finals tied at a game apiece.

James had 12 of his 22 points in the fourth quarter. Dwyane Wade had 23 points, 13 in the first half when the Heat desperately needed them to stay close, and 10 more in the fourth quarter when they had to rally.

Game 3 is Saturday in Miami.

Lance Stephenson tied his playoff career high with 25 points for the Pacers. Paul George scored 14.

The Heat trailed 73-69 with 7:19 left. But James hit a three-pointer, and then scored the first six points in the rally and the Heat defence gave up only

**Seesaw**

**21**

The Miami Heat and the Indiana Pacers had 21 lead changes and seven ties in Game 2 on Tuesday after having none of either in Game 1.

eight points over the final five minutes.

Miami has won 11 straight games following a playoff loss and still has not trailed 2-0 in a series since the first round of the 2012 playoffs.

At times, the rough-and-tumble night took on the aura of a football game, especially late.

George and Wade banged knees while chasing a loose ball, then returned following the ensuing timeout. James crashed hard awkwardly to the floor when West was called for a flagrant one foul in the fourth quarter — a call later changed to a common foul following a replay review.

"That's what's it's about,"

James said. "It's not going to be pretty. Not in the Eastern Conference. It's never pretty basketball in the Eastern Conference. It's about who can sustain runs. You know, who can get defensive stops? Who can not turn the ball over and who can get great shots? I think we did that in the fourth."

Defence clearly was the theme of Game 2.

Two days after allowing the Pacers to score 107 points, their most in this year's postseason, Miami rallied in the first half by holding Indiana to just nine points over one 10-minute stretch. And they flipped the game late with a suffocating defence, too.

"We fly around. Game 1 we didn't fly around," James said. "We let them dictate everything that they wanted and we didn't play Miami Heat defence. That's what's good about this team, we go back, we watch the film, we own up to what we did, the mistakes that we had, and then we come out and make it happen."

THE ASSOCIATED PRESS

**Clippers ownership**

## Silver stands by Sterling decision

Adam Silver still gets choked up thinking about Kevin Durant's emotional MVP speech.

And when the NBA commissioner contrasts Durant's address with Donald Sterling's racist remarks, he believes the league is right in trying to force Sterling to sell the Clippers.

"I think Kevin Durant as our Most Valuable Player embodies what this league is all about, and frankly Mr. Sterling doesn't," Silver said Tuesday before the draft lottery.

The NBA charged Sterling on Monday with damaging the league and its marketing partners, and is planning a June 3 hearing after which owners could vote to force him to sell the franchise.

Silver already banned Sterling for life and fined him \$2.5 million.

"This is an unprecedented proceeding. Will there be bumps in the road? Presumably yes," Silver said. "Mr. Sterling, on one hand, at least in his CNN interview, indicated a willingness to accept the judgment of his owner partners. His lawyers are saying otherwise, so we'll see."

THE ASSOCIATED PRESS

# Brazilian PA suing FIFA over World Cup start times

The Brazilian federation of professional athletes is demanding FIFA changes the start times of more than a third of World Cup matches because of the heat and humidity in Brazil.

The federation said Tuesday it filed a lawsuit asking FIFA to change kickoff times of all 24 matches that are scheduled for 1 p.m. local time. It wants all matches starting no earlier than 4 p.m. to avoid subjecting players to the "risks" of playing in "intense heat."

The federation based the request on local labour regulations and on a study conducted by a renowned Brazilian sports doctor, Turibio Leite. The study was a request by the Brazilian athletes' federation and FIFPro, the international football players' union.

In a statement, the professional athletes' federation

**Stadium issues**

Brazilian organizers will test the stadium hosting the World Cup opener one more time after a request from FIFA.

- The local football federation has agreed to make changes to the Brazilian league schedule so another match can be played at the troubled Itaquerao, which remains unfinished three weeks before the World Cup begins in Sao Paulo.

said that, as an alternative, it would accept that matches are stopped for two minutes in each half so players can take water breaks to get hydrated.

FIFA did not immediately respond to a request for comment, but it had already said that it would allow breaks depending on weather conditions.

Football's governing body last year altered the starting times of seven matches in the most hot and humid host cities.

At the time, FIFPro had been accusing FIFA of considering "the demands of TV companies of greater importance than the health and safety of the players."

It will be winter in Brazil during the World Cup, but it may be hot and humid in many of the 12 host cities, especially in the northeastern and northern regions.

There was special concern with the jungle city of Manaus.

THE ASSOCIATED PRESS



## Multitasking Villeneuve returns to the grid

Canadian driver Jacques Villeneuve has dabbled in a number of racing series over the last few years, tried his hand at broadcasting and hopes to eventually finish recording his next music album. His immediate focus is preparing for a return to the Indy 500 this weekend. It has made Villeneuve's busy season even more hectic, but it's a change of pace that he welcomes. DARON CUMMINGS/THE ASSOCIATED PRESS

Scan the image with your Metro News app to view a gallery of Jacques Villeneuve's cross-discipline racing career.



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## 2014 Dodge Dart

- **Type.** Four-door, front-wheel drive compact sedan
- **Engines (hp).** 2.0-litre inline four-cylinder (160), 1.4-litre inline turbo-charged four-cylinder (160), 2.4-litre inline four-cylinder (184)
- **Base price (incl. destination).** \$17,690

## Market position

The all-new Dodge Dart debuted for model year 2013 desperately looking to make some headway for Chrysler in Canada's largest and most competitive segment: compact car. Dart makes its case with a slightly bigger body and interior than the competition, stylish looks, and very modern infotainment accoutrements.

## Points

- All-new vehicle in 2013, with a North American specific design, developed from a Fiat architecture first utilized on Alfa Romeo Giulietta.
- Five models for 2014: SE, SXT, Aero, Limited, GT.
- Exclusive to Aero model is 1.4 turbo and dual-clutch automatic transmission (optional), which offers a fuel economy rating of 7.2 L/100



The extra blackness of Rally Group's wheels really pops.

km city and 4.9 L/100 km highway (39/58 mpg).

## Safety

Constructed of 68 per cent high-strength steel; 10 standard air bags; standard four-wheel disc brakes, traction control and stability control; available rear backup camera, blind spot monitoring, rear cross path detection, ParkSense Rear Park Assist; LATCH anchors that allow child seat to be placed in three rear-seat positions.

# One competent compact

**Review.** Love it or not, the 2014 Dodge Dart is a comely and well-equipped beast

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Depending on how you like your compact car configured, you'll either love or ignore the 2014 Dodge Dart.

If you like base models, with their keen pricing and the extra fuel efficiency provided by their smallish engines, you might want to look elsewhere.

The Dodge SE base model's 2.0-litre engine is neither fuel efficient nor snappy.

If you want to spend a bit more, and can, the Aero model is very fuel-efficient and snappy. Its high-tech 1.4-litre turbo engine, with 160 horsepower and 184 lb-ft of torque, is entertaining, especially when mated to the six-speed manual. Its only other transmission option is a fancy-pants dual-clutch version that promises quick and fun shifts in either self-shifting or automatic mode. But that transmission's "herky-jerky" manners at low speeds around town has not won it many fans.



PHOTOS: MIKE GOETZ

So for model year 2015, Chrysler decided a couple of adjustments were in order for Dart.

The engine and transmission combination that did get some love from customers was the conventional six-speed automatic transmission and the 2.4-litre "Tigershark" Multi-Air engine with 184 horsepower and 171 lb-ft of torque. In 2013 the Tigershark was only available on the top-shelf GT model. For 2014, the engine has been made standard on the mid-level

SXT and Limited models, as well as GT.

Hallelujah.

Our test victim was one of these newly endowed Darts — an SXT, outfitted with the six-speed automatic.

Energide rates this vehicle at 9.2 L/100 km City, and 6.3 Highway.

It's a comely and well-equipped beast.

The extra blackness of the Rally Group's aluminum wheels and front grille really "pops" amid the overall white-

ness of this particular SXT. I always thought the Dart was a handsome vehicle; this black-and-white version is even more so.

On the road, the Dart feels really stable and confident and comfortable — a result of lots of European-based Fiat and Alfa engineering in its chassis DNA. While the engine and transmission combo are super smooth and powerful, I wouldn't call it charismatic. But that large, unstressed engine really suits the Dart.

## Compare



**1 Honda Civic Sedan**  
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Canada's best-selling car never seems to disappoint. Smooth and refined.



**2 Hyundai Elantra**  
Base price: \$17,594  
Brought new sense of style to the compact segment. Roomy, with decent ride.



**3 Mazda3**  
Base price: \$17,690  
Newest and most technically endowed of the compact competitors.

PHOTOS: CONTRIBUTED

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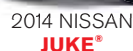
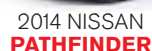


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# Has Volvo found the solution to distracted driving?

## In development.

The car company is researching sensors that can tell when the driver is sleepy or not paying attention

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One of the major factors in car crashes is driver inattention. It can be deadly to ignore what's happening outside the windshield, whether because of fatigue, daydreaming, or looking at the stereo or a phone.

Several automakers are working on solutions to the problem, including Volvo, which is researching sensors that watch the driver. By monitoring such things as where the driver is looking, head position and angle, and how open the eyes are, the system can recognize inattention and take steps to ensure safety.

"If you know that a driver is distracted, you can activate features such as a forward collision warning," says Per Landfors, project leader for drive support functions at Volvo Cars in Sweden. "This is still in the experimental stage. The sensors aren't much different (from existing ones), but what's new is how they're connected to the car, and how the car adapts to you."

The technology uses a sensor that's mounted on the dash in front of the driver. It uses infrared light, emitted by small LEDs, to illuminate the driver to be visible to the sensor. People can't see infrared, so the driver doesn't notice it.

The sensor works like a camera and takes pictures, but doesn't store them. Instead, it

## Coming soon?

Volvo expects that the recognition system will be available in cars by 2020, but possibly sooner than that.

- Current Volvo cars can detect a drowsy driver, but this system can differentiate between drowsiness and inattention.
- Such systems may be a key to self-driving cars, which will need to know if a driver is paying attention and can take over the task.

analyzes the information in the picture, discards it, and then repeats the process, several times a second. "The car doesn't save any pictures, nor does it have a driver surveillance function," Landfors says.

If the sensor realizes that a driver isn't paying attention, it can activate some of the car's safety functions, depending on what it detects. For a sleepy driver, something like a quick brake pulse could wake him up. If the driver is distracted, systems that warn about imminent collisions, or that can stop the car completely if it's about to hit something, can be adjusted to intervene much sooner than they normally would. "If you're totally aware of what's going on, these can intervene a little bit later," Landfors says. "You only get the warning when you need it."

The system also has the potential to enhance driving for an alert operator. For example, if the system detects that the driver is looking at something on the road, it could aim the headlights toward it for better visibility.

Although the current system under development doesn't save or upload photos, Landfors says that at some time in the future, it is possible that the sensor could take a picture of the driver following a crash and forward it to emergency personnel, who would know in advance what type of trauma care will be necessary.

## Quoted

"If you know that a driver is distracted, you can activate features such as a forward collision warning."

Per Landfors, project leader for drive support functions at Volvo Cars in Sweden



Volvo is considering sensors that watch the driver, monitoring things like where the driver is looking. VOLVO

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# Shift: Need for cleaner energy is motivating decision-makers from Bhutan to the engineers at Rolls-Royce

## Rolls-Royce reconsiders electric power

If you've wondered if this "electric thing" is ever going to really take off, consider that Rolls-Royce is seriously considering a plug-in electric version of its flagship Phantom, if not perhaps for all the right reasons.

The company is considering an electric model largely because of legislation considerations, says alternative vehicle news website Green Car Reports.

Tightening emission regulations will make it ever more difficult to sell the kind of large, gasoline-powered vehicles Rolls-Royce specializes in.

Those regulations prompted the company to explore electric power with the imperious 102EX concept in 2011, but "both



Range and charge times previously shelved any notion of an electric Rolls-Royce, but the company is taking another serious look at it. ALL IMAGES WHEELBASE MEDIA

the recharging times and the range were not acceptable" to R-R buyers. With

those issues addressed, a more positive response is expected this time around.

## The frugal Focus

The 2015 Ford Focus will for the first time offer the company's 1.0-litre three-cylinder turbocharged "EcoBoost" engine with a six-speed transmission, surpassing the fuel economy of the previous model.

The smallest in Ford's growing arsenal of EcoBoost engines increases customer choice, says Joe Hinrichs, Ford's executive vice-president of the Americas. It joins the subcompact Fiesta as the second Ford to offer the efficient little powerplant in North America.

EcoBoost technology combines smaller displacement engines with turbocharging, direct fuel injection, variable valve timing and proprietary Ford software to improve both performance and fuel economy, and can deliver way better fuel economy than larger displacement gasoline engines provided they're driven in a thrifty manner. Demand for the engine in Europe, where it's offered in five models, is robust.

The tiny Fiesta was the first car to receive the company's 1.0-litre three-cylinder engine. Now the larger Focus, pictured, will make it available.



## Shift points

The world in Shift this week.

- **Americans took 10.7-billion trips on mass transit in 2013, reports the American Public Transportation Association.** That's the highest annual public transit ridership number in 57 years.
- **Ferrari's first hybrid supercar, LaFerrari (963 hp) has taken the prize in the best sports car category of the European Best Cars 2014 awards in Madrid, Spain.**
- **The small Asian nation of Bhutan has joined with Nissan to immediately replace all Bhutanese government vehicles and taxi cabs in the capital city of Thimphu with Nissan Leaf electric cars**

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GT model shown

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MODEL	2014 MAZDA3 GX	2014 Honda Civic DX	2014 Toyota Corolla CE	2014 Hyundai Elantra L	2014 Volkswagen Jetta Trendline
Engine	2.0 L DOHC 4 cyl.	1.8 L SOHC 4 cyl.	1.8 L DOHC 4 cyl.	1.8 L Dual CVT DOHC 4 cyl.	2.0 L Trendline 4 cyl.
Transmission	6-Speed Manual	5-Speed Manual	6-Speed Manual	6-Speed Manual	5-Speed Manual
Horsepower	155 @ 6,000 RPM	143 @ 6,500 RPM	132 @ 6,000 RPM	148 @ 6,500 RPM	115 @ 5,000 RPM
Torque	150 @ 4,000 RPM	129 @ 4,300 RPM	128 @ 4,400 RPM	131 @ 4,700 RPM	125 @ 4,000 RPM
FUEL ECONOMY*					
City	6.8 L/100 km (42 mpg)	7.3 L/100 km (39 mpg)	7.1 L/100 km (40 mpg)	7.6 L/100 km (37 mpg)	9.1 L/100 km (31 mpg)
Highway	4.8 L/100 km (59 mpg)	5.5 L/100 km (51 mpg)	5.2 L/100 km (54 mpg)	5.3 L/100 km (53 mpg)	6.0 L/100 km (47 mpg)

\*Based on ENERGYGUIDE Fuel Consumption Ratings. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. For comparison purposes only.

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*zoom-zoom*

♦2014 Mazda3 has a higher residual value than any other vehicle in the compact car segment according to ALG. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. †Offer available on retail leases of all-new 2014 Mazda3 GX (D4XK64AA00) with a lease APR of 1.99% and bi-weekly payments of \$88 for 48 months, the total lease obligation is \$9,177, including down payment of \$0. Lease payments include freight and P.D.E. of \$1,695. As shown, Offered Pricing for all-new 2014 Mazda3 GT (D4TL84AA00) with a lease APR of 1.99% and bi-weekly payments of \$159 for 48 months, the total lease obligation is \$16,544, including down payment of \$0. Lease payments include freight and P.D.E. of \$1,695. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. Offers exclude PST/GST/HST. Offered leasing available to retail customers only. †0% APR Purchase Financing is available on all new 2014 and 2015 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of \$24,990 for new 2015 CX-5 GX (NVXK65AA00) with a financed amount of \$25,000, the cost of borrowing for a 36-month term is \$0, monthly payment is \$694.44, total finance obligation is \$25,000. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid May 1st - June 2nd, 2014, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.





An all-in-one infotainment system like Ford Sync makes it easy to access your navigation system, cellphone contacts, and more on the go. CONTRIBUTED

# Four long drive must-haves for every road trip

**Comfort and confidence.** A car reviewer touts the fave features he's found driving 800 km on the highway every week

JUSTIN PRITCHARD  
drive@metronews.ca

Weekly, your writer spends 10 hours on the highway in his assigned test car covering some 800 kilometres, on top of his usual week of in-town driving. Over the current span of my career as a car reviewer, that's added up to over a million kilometres driven, and no less than seven months behind the wheel.

Amidst all of this driving, I've come to form a list of a few favourite long-distance features that help pass the endless hours more easily — thanks to enhanced connectivity, confidence and comfort on the go. Here's a closer look.

**Feature: Ford Sync / Kia UVO / NissanConnect, etc.**

Why: Because this breed of all-in-one infotainment system makes it easy and intuitive to access important stuff like your cellphone contacts, navigation system, traffic conditions, weather and more on the go. Once you learn the system's voice interface, you can manipulate virtually any function related to entertainment, climate control, navigation or information with a button-press and spoken command. If you like staying connected, informed and on course on the move, systems like Sync, NissanConnect and UVO make it simple and stress-free.

**Feature: Xenon headlights**

Why: Because xenon lights offer powerful, saturating illumination that closely mimics the colour of sunlight — meaning your eyes need to work less to sort out the road ahead after dark. Where a low-performance lighting system may require straining and squinting to see details up the road, xenon lights make spotting things like wildlife, signs and potential hazards easy. Even a middle-of-

the-line xenon lighting system can leave your eyes fresher and more alert after several hours of nighttime driving. The benefits are even more apparent in winter, where reduced daylight and the abundance of gleaming white snow wear at the eyes of drivers during the day.

**Feature: OnStar**

Why: Because issues sometimes present themselves on the open road. Touch the OnStar button, and you've got real-life help on the line in seconds. Integrated GPS and cellular connections mean the system works regardless of the location of your cellphone. OnStar advisers can send a tow truck, provide directions to the nearest gas station, dispatch assistance for a flat, or otherwise effectively help drivers handle any distress they may encounter. My big brother instinct loves that OnStar is fitted to my little sister's car, too.

**Feature: Premium audio system**

Why: Because sometimes, your ride is your own personal listening space — and blasting your favourite tunes into your cranium is a great way to make the hours go by more quickly and alertly on a long drive. Whether you like deep, punchy bass, crystal-clear highs or vibrant sound imaging, most automakers offer a premium audio system that'll do the job. Bust out that old CD case or MP3 player, and a great audio system will help you discover new aural details in your favourite songs. My personal favourite in-car stereo systems include Volkswagen's Fender stereo upgrade, the Mercedes Harman Kardon stereo, the Boston Acoustics stereo in numerous Chrysler products, and the mighty Mark Levinson stereo available in various Lexus models.

## Quoted

**"A great audio system will help you discover new aural details in your favourite songs."**

Car reviewer Justin Pritchard on the benefits of a premium audio system



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## Horoscopes

### Aries

March 21 - April 20

There are many things you have wanted to say but held back because you didn't want to upset people. With the Sun changing signs, you have no choice but to speak up. If you don't, it will be you who suffers.

### Taurus

April 21 - May 21

For the past few weeks, all eyes have been on you and there were times when you wanted to hide. Now you can, for a bit. Sooner or later though, you'll be back in the spotlight.

### Gemini

May 22 - June 21

Everything is right with the world. Or, if it isn't, it soon will be. The Sun moves into your sign today and a new solar year begins. What are your dreams? Now is the time to get serious.

### Cancer

June 22 - July 23

Now that the Sun is moving into the most receptive area of your chart you will find it easier to deal with your sensitive side. For one thing you won't have to pretend that you never need a shoulder to cry on.

### Leo

July 24 - Aug. 23

Get out and meet people who share your way of looking at things. On an individual level there is only so much you can do, but acting with others all things become possible.

### Virgo

Aug. 24 - Sept. 23

You've been waiting in the shadows. And now is the hour to step out into the world and claim centre stage. The Sun's move into the career area of your chart will encourage you to be more ambitious.

### Libra

Sept. 24 - Oct. 23

There will be an obvious change in your mood over the next two or three days. Where before you were high strung and often uptight now you will be relaxed and easygoing.

### Scorpio

Oct. 24 - Nov. 22

You seem to have got it into your head that you are entitled to something the world does not seem to want to give you. What happens today will make you realize that you get only what you fight for.

### Sagittarius

Nov. 23 - Dec. 21

Find ways to get along with people who rub you the wrong way. Like it or not you are going to have to work closely with various individuals over the next few weeks, so forget about your differences.

### Capricorn

Dec. 22 - Jan. 20

As the Sun moves into the work and wellbeing area of your chart today, slow things down — even if it means cutting back on your goals. Getting things done quickly is not as important as getting them done right.

### Aquarius

Jan. 21 - Feb. 19

All worries of recent weeks will be swept away over the next 24 hours. No matter how difficult things have been for you, you will find new ways to make your dreams come true.

### Pisces

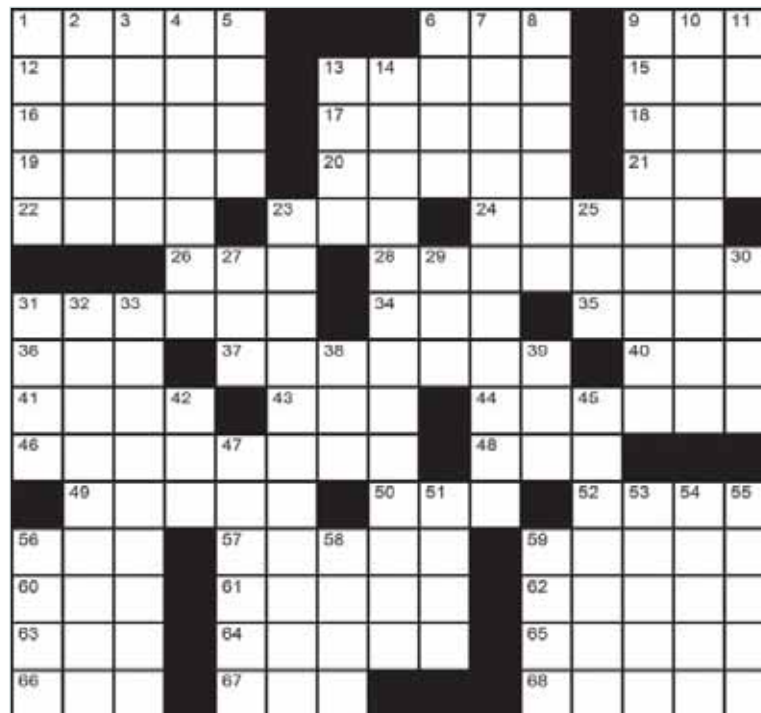
Feb. 20 - March 20

You may not be in the mood to put yourself out for others but someone is in need of your assistance and you'll hate yourself in the long-term if you ignore them. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Word coined by Tyra Banks for a type of photoshoot expression
- Wedding doc.
- \_\_\_ TVs
- \_\_\_ opposites
- "Saying it \_\_\_ thing, doing..."
- Mr. Wallace
- Cartoon style
- Victoria, BC-born comedian Mr. Jones
- Sight: French
- Ticket remnants
- Poet T.S.
- Computer co.
- Mini message
- Mauna \_\_\_ (Hawaiian volcano)
- David Copperfield's Mr. Heep
- Scot's refusal
- James Cameron's gig
- Stunning
- Medical pros
- Actress Elisabeth
- Skater Midori
- Designer Isaac
- Communication syst.
- 'Sultan' suffixes
- "\_\_\_" comes fifth?" (Alphabet-learner's query)
- Scotland's \_\_\_ Islands
- North Vancouver Island village
- 'Ranch' suffix
- Ancient Roman dictator
- "Norma Rae" (1979) actress ...her initials-sharers
- Mr. Werner
- Bitty space beings
- Glass-ceiling lobbies
- Edgar Poe link
- "Where \_\_\_ begin?"
- Subatomic



- "Norma Rae" (1979) actress ...her initials-sharers
- Mr. Werner
- Bitty space beings
- Glass-ceiling lobbies
- Edgar Poe link
- "Where \_\_\_ begin?"
- Subatomic

- particles
- Explosive stuff
- Wrath
- "All systems \_\_\_!"
- Donnie Wahlberg's gr.
- "Shameful!"
- French possessive
- 'Mississauga' has four

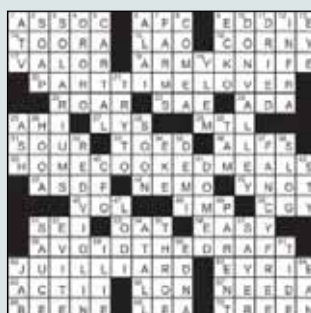
### Down

- Muscle \_\_\_
- Del \_\_\_ (Canned fruit brand)
- Trojan War's site
- Hockey game machine
- '70s Spanish hit: "\_\_\_ Tu"
- Ms. Loughlin
- "...footprints wher-

- ever you choose..." goes this Sarah McLachlan song: 3 wds.
- Middle
- Canada's Wonderland roller coaster in Vaughan, ON; or, any huge thing
- Canadian spices, baking products, etc. brand since 1883: 2

- Wds.
- Carpe \_\_\_!
- 'Thought'-meaning prefix
- Product for Canadian food brand Renee's: 2 wds.
- Manitoba \_\_\_ (Stop on Prince Charles and Camilla's visit to Winnipeg)
- 'Acrobat' suffix
- "Gimme \_\_\_!" (Start of a cheer for Manitoba)
- Mr. Gershwin
- Trust
- Filmom's Cameron
- Witnesses
- Starring Joely Fisher, 2003 to '05 series on Canadian actor Chris Potter's resume, "\_\_\_: Wild Card"
- Madhouse
- Not standard, briefly
- Mr. Mineo
- Anton \_\_\_ Canadian Mustard, since 1948
- Doubled-lettered-beginning animals
- Burkina \_\_\_ (West Africa nation)
- Choir voices
- Montreal 'menu'
- Door accessories
- Change
- Some deer
- Ms. Hathaway

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

16°/8°

Showers

40%

Thursday

16°/6°

Showers

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**2014 ELANTRA L**

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**\$16,352\*\***

**OR**

**OWN IT FOR  
\$79  
BI-WEEKLY  
PAYMENT**

**WITH  
0%  
FINANCING FOR  
96 MONTHS**

**AND  
\$0  
DOWN**

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\$79 BI-WEEKLY  
AT 0%<sup>†</sup> FOR  
60 MONTHS  
WITH \$0 DOWN**

ELANTRA L MANUAL. DEALER INVOICE PRICE INCLUDES \$1,197 IN  
PRICE ADJUSTMENTS<sup>†</sup>, DELIVERY AND DESTINATION.

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\*On select models. Call Steele Hyundai for details. \*\* Plus applicable taxes and freight.